

Relationships Australia SA Programs and Services

Counselling

Relationships Australia SA is committed to providing a supportive and welcoming environment for all members of our society regardless of their cultural background, age, sexual orientation and gender identity.

If you require counselling and support services, please contact Relationships Australia SA on 1300 364 277 or 1800 182 325 or visit our website www.rasa.org.au/services/

Indaba HIV

Indaba HIV is a collaborative partnership established in 2015 by the HIV Women's Health Program of Relationships Australia SA. Indaba HIV includes representatives from HIV services, government agencies, settlement services, and individuals in the community including women living with HIV.

Through these partnerships, Indaba HIV seeks the meaningful involvement and participation of women living with HIV, with a focus on those from culturally and linguistically diverse (CALD) backgrounds. Indaba HIV aims to create support mechanisms to promote women's health and wellbeing.

For practical information and resources for women living with HIV in South Australia, and for their service providers, visit indabahiv.com.au

PEACE Multicultural Services

PEACE project officers assist in the development and implementation of our community education programs.

We focus on helping people with issues relating to:

- Problem gambling
- HIV
- Hepatitis.

PEACE offers:

- A free and confidential service
- Individual short or long-term support from a worker who is experienced in helping people with gambling, HIV or hepatitis issues
- Information and support for people who are concerned for a loved one
- The flexibility to meet at a time and location that is convenient for you
- Group and community education programs.

MOSAIC Services

MOSAIC Blood Borne Support Services focus on the health and emotional wellbeing of people living with and affected by blood borne viruses.

We can help support you to:

- Respond to the challenges of living with HIV or hepatitis
- Bring about desired change in your life, lifestyle or relationships
- Identify your strengths and resources
- Explore new ways of responding to life and its challenges.



PEP, PrEP and ART Medications

Preventing and treating HIV infection

This resource was developed by
PEACE Multicultural Services
and MOSAIC Services,
Relationships Australia SA Ltd,
49a Ormond Street, Hindmarsh
South Australia SA

Contact us for more information.
P: (08) 8245 8110
<https://askpeace.org.au/>

Other Useful Contacts:

Adelaide Sexual Health Centre
137 East Terrace, Adelaide SA 5000
P: (08) 7117 2800

Aboriginal Health Council of SA
220 Franklin Street, Adelaide SA 5000
P: (08) 8273 7200

SHINE SA
www.shinesa.org.au/find-clinic
P: (08) 7099 5300

PEACE Multicultural Services and MOSAIC are provided by Relationships Australia South Australia Ltd, SA Health has contributed funds towards these programs.

Easy to understand information
about HIV medications



SOUTH AUSTRALIA



Preventing HIV infection

PEP Post Exposure Prophylaxis (After a high risk exposure to HIV)

PEP medication is given when a person:

- Had high risk sex without a condom
- Has shared equipment for injecting drugs.

If unsure of the risk seek information and support from the agencies below.

PEP is available 24 hours 7 days a week from the emergency department at all major hospitals in South Australia, or

- From Adelaide Sexual Health Centre, Monday to Friday
- Call the HIV PEP Hotline on 1800 022 226 to find out where you can access PEP in your area.

A doctor will speak to you about whether you need PEP.

Visit a doctor or hospital as soon as the exposure happened and within 72 hours.

Medication must be taken on time each day for 28 days.

For further advice:
Contact the HIV PEP Hotline 1800 022 226

- Say “yes I do” to HIV testing and test more regularly
- Consider going on PrEP if high risk exposures happen
- Use a condom to prevent other sexually transmitted infections.

PrEP Pre Exposure Prophylaxis (Before a high risk exposure to HIV)

PrEP medication is given to prevent HIV transmission during sexual activity. It is also given to sexual partners of people living with HIV to protect them from infection.

- PrEP medications can be prescribed by your GP or at a sexual health clinic such as Adelaide Sexual Health Centre, STD Services and SHINE SA.
- PrEP can be imported from overseas. This is an option for people in Australia without a Medicare card.

Contact SAMEESH on (08) 7099 5300 if you would like to speak to someone about starting PrEP. or visit <https://samesh.org.au/>

Medication must be taken every day as per directions from the doctor for as long as the person is sexually active and is at high risk of contracting HIV.

For further information contact:
PEACE Multicultural Services on (08) 8245 8110
SHINE SA on 1300 794 584
Adelaide Sexual Health Centre, STD Services on 8222 5075

- Say “yes I do” to HIV testing and test more regularly
- Use a condom to prevent other sexually transmitted infections.

Treating HIV infection and preventing onward transmission

ART Anti-Retroviral Therapy (After HIV diagnosis)

ART is given to people diagnosed with HIV to treat the infection. It enables the person to live a healthy and normal life like everyone else. The medication strengthens the immune system and controls the virus from replicating.

- ART medications can be prescribed by a specialist doctor
- The ART medication can be obtained through hospital and community pharmacies.

A specialist doctor will advise you on how soon to start ART. Current recommendations suggest ART should be started soon after HIV infection.

- Medication must be taken as per directions from the doctor..
- This medication must be taken for life. You can not stop the medication on your own.

Services that provide care and support:

- Specialist HIV nurses at RDNS SA are available to help you understand the medication and address any concerns you may have. You can call them on: 1300 364 264
- MOSAIC counselling service on (08) 8223 4566
- PEACE Multicultural Services on (08) 8245 8110

- Stay engaged with your health care providers
- Learn how to maintain a healthy lifestyle.