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If you don't already have a regular GP, the NSW *Hep C Helpline* may be able to provide advice on a doctor in your area who has been involved in hepatitis C training.

Community health centres

Community Health and Neighbourhood Centres exist in most towns and suburbs. They provide different services, including counselling, crisis support and information on local health and welfare agencies. Some Neighbourhood Centres run a range of support and discussion groups and activities that may range from archery to yoga.

Look in your White Pages under 'Community Health Centres'. Neighbourhood Centres can be found by phoning your local town Council.

Sexual health clinics

Although hepatitis C is not classified as a sexually transmissible disease, staff at these clinics can offer a range of services including pre- and post-test counselling, HCV blood tests and general counselling. They are listed in your local phone book under 'sexual health clinics'.

If you are concerned about confidentiality, these clinics do not need your surname or Medicare card and keep all medical records private.

Alcohol & other drug services

NSW health services have a number of Drug and Alcohol clinics set up around the state. These centres offer confidential advice, assessment, treatment and referral for people who have a drug/alcohol problem or who have concerns about the use of these substances.

The services are free and the staff are experienced in all aspects of drug and alcohol use and the associated conditions that go with them. If you are worried about your own or someone else's drug and alcohol problem, phone the Alcohol & Drug Information Service (ADIS) on 9361 2111 or 1800 422 599, or contact your local hospital or community health centre who will also be able to advise you on your nearest clinic.

Hep C Helpline

For free, confidential and non-judgmental information and emotional support you can phone the NSW *Hep C Helpline*:

- 9332 1599 (Greater Sydney callers)
- 1800 803 990 (NSW regional callers)

The service gives you the opportunity to chat with trained phone workers and discuss those issues important to you. It also provides referral to local healthcare and support services.

General Practitioners (GPs)

It is important to find yourself a well informed GP who can support all of your long term health care needs. Ideally your doctor should be able to work with you to review and monitor your health on a regular basis, provide you with psychological and social support if needed, and act as your advocate if you encounter difficulties with other parts of the healthcare system. Your GP should be able to advise you when it is necessary to seek specialist advice or further investigations or about research trial options.

Your local hepatitis C services coordinator:

Greater Sydney

Central Sydney	9515 8643
Nthn Sydney	9976 9860
SE Sydney	9382 7637
Sth West Sydney	9828 5906
Wentworth area	4734 3877
Western Sydney	9840 4110

Regional NSW

Central Coast	4320 3399
Far West NSW	08 8080 1511
Hunter	4924 6477
Illawarra	4223 8341
Mid Nth Coast	6562 6066
Mid West NSW	6339 5283
New England	6766 2288
Nthn Rivers	6620 7539
Greater Murray	6058 1700
Southern NSW	6124 9922
Macquarie	6841 2256

Other support & counselling

Traids is a statewide counselling, support and advocacy service for people with medically acquired hepatitis C and HIV. They offer short and long-term counselling, information, support and advocacy to affected people and their families and/or carers. *Traids* services are free and confidential, and on either a face-to-face or telephone basis. They also run support groups and have a regular newsletter. Current hepatitis C information is available. For more information, phone 02 9843 3143 (*Traids* have an immediate call back policy for NSW regional callers).

Family & relationship counselling

If hepatitis C is impacting on your family relationships, it may be wise to seek family or relationship counselling.

To find out more, contact *Relationships Australia* on 02 9418 8800 or 1800 801 578.

NSW support groups

HOTS group, Central Coast - for further details please call Leslie on 4323 2905.

Nepean Hepatitis C Support Group - for further information please contact Jo or Vince on 4734 3466.

Coonabarabran Hepatitis C Support Group - for information please contact Gary McKernan on 6842 2507.

St Vincent's Support Group, Darlinghurst - please contact Zoe Potgieter 8382 2887.

St George Support Group - for more details please phone Janice or Robyn on 9350 2957.

Northern Rivers Support Group - please contact Wendi Evans on 6620 7539 or Marilyn Lebeter on 07 5506 6858.

Westmead Support Group - for information please contact Sen Kee on 9845 7706, Gabrielle or Maria on 9843 3143, Frances or Susan on 9840 4110.

Hunter Hepatitis C Support Services - for information please contact Gabrielle Murphy on 4921 4762 or Tracey Jones on 4921 4789.

Port Macquarie Hepatitis C Support Group - for information please contact Lynelle Wood on 6588 2750 or Alison Mears on 0418 207 939.

Westmead Hepatitis C Information Nights - please phone if you are thinking about attending and want more info: Sen Kee on 9845 7706, Gabrielle or Maria on 9843 3143, Frances or Susan on 9840 4110.