

Services at SHINE SA

It is important to look after yourself so that you can enjoy relationships, prevent illness and be healthy. SHINE SA provides confidential reproductive and sexual health services for men, women and young people.

We provide a range of services, including:

- information on how to have sex safely and comfortably
- contraception so you don't get pregnant before you are ready to have a baby
- information and tests for sexually transmitted infections
- sexual health education to community groups
- Pap smears
- pregnancy tests
- information on period problems
- support for unplanned pregnancy
- books for parents and young people

Appointments

To make an appointment call **1300 794 584**.

Free interpreting can be arranged with a male or female interpreter. Please let us know what you require when booking your appointment. If you need an interpreter to help make an appointment please call the Translating & Interpreting Service on **131 450** first and ask to be put through to **1300 794 584**.

Fees

Most SHINE SA services are free. See the website (www.shinesa.org.au) for information on current fees.

Sexual Healthline

If you have any concerns about your sexual health you can talk to a nurse at SHINE SA on the Sexual Healthline, Monday to Friday from 9am till 12.30pm. Please ring:

1300 883 793

1800 188 171 (country callers)

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