

# SHINE SA SERVICES

## SEXUAL HEALTH AND EDUCATION SERVICES OFFERED BY SHINE SA

SHINE SA is a key sexual health agency in South Australia. It provides individuals and communities with services and information to improve their sexual health so they can enjoy their relationships with safety, pleasure and respect. SHINE SA welcomes people from all cultural backgrounds and people who are intersex, gender diverse and of any sexual orientation.

### CLINIC AND COUNSELLING SERVICES

#### Clinics

The clinical teams at SHINE SA include doctors, nurses and midwives who provide high quality services in sexual and reproductive health, including:

- STI testing and management, including Post Exposure Prophylaxis (PEP)
- contraception services, including Emergency Contraception
- pregnancy testing and referral
- common gynaecological issues
- sexual dysfunction
- vaccinations for hepatitis A, B and HPV which are free for eligible people

Details of clinic locations and times are available on the website at [www.shinesa.org.au](http://www.shinesa.org.au)

#### Counselling

SHINE SA offers a therapeutic counselling service provided by professional sexual health counsellors. The service is available to individuals, couples and families. Telephone appointments can be requested, especially for rural clients. Counselling is provided for any concerns related to sexual health, including:

- vaginismus, orgasm issues, erectile or ejaculation difficulties
- differences in levels of sexual desire (libido)
- sexual and/or gender identity
- effects of violence and abuse (includes sexual assault and child sexual abuse)
- not sure what to do about pregnancy
- termination of pregnancy / post-termination
- sexual issues relating to a disability
- living with sexually transmitted infections

#### Sexual Healthline

The Sexual Healthline is open from 9am – 12.30pm, Monday to Friday. It's a confidential service staffed by experienced sexual health nurses, so if you want to talk to someone about your sexual health, but feel more at ease with a telephone conversation than face-to-face, contact the healthline on:

Tel: 1300 883 793

Toll free: 1800 188 171 (country callers only)

#### Fees

Services are free for all clients aged 30 and under. For clients over 30 who do not hold a health care card, there will be a gap payment which varies according to the type of consultation. There may be additional costs for medicines. Information on current fees is available at [www.shinesa.org.au](http://www.shinesa.org.au)

#### Interpreters

Free interpreting can be arranged. You can request a preference for the gender of an interpreter. Please let us know what you require when booking your appointment.

#### SHINE SA Hyde Street Practice

Hyde Street Practice (57 Hyde Street, Adelaide) is a service of SHINE SA providing a safe and inclusive setting for a range of clinical, education, health promotion and wellbeing programs. Services include:

**Hyde Street Practice:** A full service general practice.

**Hyde Street Specialists (Sexual Health Physician):** A private specialist sexual health and HIV service available by referral. Includes PEP & PrEP, hepatitis C, Transgender Medicine, LGBTI Health.

**Rapido:** Rapid HIV testing by peer testers.

**SAMESH:** Counselling and support services for gay men, MSM (men who have sex with men), trans men, people living with HIV and people at risk of HIV.

#### Psychological and Counselling Service

**Gender Wellbeing Service:** Professional and peer support and information for people who are questioning their gender or who identify as Trans or Gender Diverse.

Go to [www.hydestreet.com.au](http://www.hydestreet.com.au) for more information.

**SHINE** SA

## EDUCATION AND INFORMATION SERVICES

### Education and training

SHINE SA delivers a range of courses in sexual health and relationships to doctors, nurses and midwives, teachers, and workers and students in the Community Services and Health sectors. The focus is on increasing the capacity of the workforce to deliver positive sexual health and relationships outcomes for all South Australians.

**Clinical education:** For doctors, nurses and midwives, and other health professionals to increase their knowledge and skills in the area of sexual and reproductive health. Tailored training can also be requested.

**Community sector:** Education for workers in specific areas (e.g. Disability; Youth and Community work; Aboriginal and Torres Strait Islander Health; Mental Health; and Culturally & Linguistically Diverse communities). Tailored training for your specific sector or workplace can also be requested.

**Support for schools:** A range of services to support schools to implement a comprehensive, whole school approach to relationships and sexual health education. SHINE SA collaborates with the Department for Education to support schools in this area.

Go to [www.shinesa.org.au](http://www.shinesa.org.au) for more information about our courses.

### Library

It's free to join SHINE SA's library. You will find a broad selection of items on relationships and sexual health, including books, journals, reports and DVDs. We can provide research assistance if required.

### Resource Centre

A large selection of audiovisual and teaching resources designed for teaching relationships and sexual health to individuals, groups or classes is available for organisations to borrow. Any organisation in South Australia can join (\$100 annual membership fee). For more details go to [www.shinesa.org.au/resource-centre](http://www.shinesa.org.au/resource-centre)

### Information and resources

SHINE SA produces a range of publications, pamphlets and other resources. Many resources are free. Resources can be ordered or downloaded at [www.shinesa.org.au](http://www.shinesa.org.au)

CONTACT  
SHINE SA

**SHINE**<sub>SA</sub>

© SHINE SA. Last updated April 2018

### Clinic & Counselling Appointments and General Enquiries

Tel 1300 794 584

Clinic locations and times are available at [www.shinesa.org.au](http://www.shinesa.org.au)

### Sexual Healthline

Tel 1300 883 793 **Country callers (toll free)** 1800 188 171

Talk to a sexual health nurse about any sexual health issue.

Available 9am – 12.30pm, Monday – Friday

### National Relay Service

[www.relayservice.gov.au](http://www.relayservice.gov.au)

133 677 (TTY/Voice) 1300 555 727 (Speak & Listen) 0423 677 767 (SMS Relay)