DPV Health

Supporting the health & wellbeing of women in our community

Women's Health Hub

At DPV Health we support women and girls of all ages on their lifelong health journey. Our focus is on diagnosing and treating diseases and conditions that affect women's physical, mental and emotional well-being. We offer a variety of services and health promotion with an aim to increase access to services for vulnerable, marginalised, and disadvantaged women with significant health complexities and experiences of violence.

This booklet covers the topics DPV Health Women's Health nurses get asked most about. From Health Screenings to Menopause, we give you some of the basic information that we feel is important to know.

You can find more information on these topics on our website. Visit dpvhealth.org.au and see all the services we offer in our Women's Health Hub.

Women's Health Hub

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DPV Health acknowledge the Kulin Nations as First Peoples, and Aboriginal traditional owners and custodians of the lands and waters on which we are located and pay respects to their Elders and communities.

Kahli Littrell

DPV Health women's health services

DPV Health offer a comprehensive range of women's health services that can be accessed from our two modern and well equipped medical centres in Mill Park and Broadmeadows. Supported by a team of professional and caring medical doctors, nurses and specialists, the services covers a wide range of family planning and sexual reproductive services.

- **Contraception Advice & Treatment:** Administration & advice on all forms of contraception, including oral, injectables, and long-acting reversable contraception, such as IUDs and Implanon
- **Treatment of Menstrual Issues**
- **Pregnancy & Fertility:** Support,advice, and guidance, including fertility advice, antenatal care, and terminations
- **General Health Assessments**
- **Menopause Management**
- **Continence Support**
- **Sexually Transmitted Infections (STI):** Testing,treatment and support
- **Vaccinations:** HPV and Mpox vaccinations
- **Health Screening:** Cervical, breast and bowel screening
- **Referrals:** Other allied health services, as appropriate
- **Mental Health Treatment:** Postpartum Depression, Depression, Anxiety, Bipolar disorder, Obsessive - compulsive disorder Post-traumatic stress disorder (PTSD).

The Sexual & Reproductive Health Service is currently being offered through our Women's Health Hub at **Mill Park** and **Broadmeadows Medical Centres.**

Mill Park Medical
20 Civic Dr,
Mill Park VIC 3082

Broadmeadows Medical
42/48 Coleraine St,
Broadmeadows VIC 3047

For more information or to book into your *FREE* nurse assessment:

SCAN

OR

CALL

1300 234 263
(select Option 1 for Medical)

Health screening

Important health screenings you should know about

If you notice unusual changes please see your doctor

Health screening plays a crucial role in the early detection of potential health issues. With modern advancements in medicine, screening has become a valuable tool for identifying diseases in their early stages, giving patients a better chance of successful treatment and recovery.

When sexually active

Chlamydia Screening.
Every 6-12 months if sexually active

Speak to your GP about vaccines that may also support your health and wellbeing.

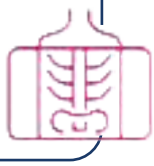
25 - 74 Years

Cervical Cancer Screening.
Every 5 years.

40+ Years

Breast Cancer Screening.
Every 2 years.

Self-checking breast exams are a great way to identify any changes – please see your GP if you notice anything unusual.



45+ Years

Blood pressure (every 2 years)
Fasting sugars (every 3 years)
Cholesterol (every 5 years)

40 - 49 Years

Cervical Cancer Screening.
Every 5 years.
Once-off Medicare subsidised health assessment with GP.

45-74 Years

Bowel Cancer Screening.
Every 2 years

70+ Years

Pneumococcal Vaccination.
Shingles Vaccination.
Bone Density Scan.

75+ Years

GP Health Assessment.
Yearly Medicare-subsidised health assessment with GP.

The above are provided through medicare – please see your GP in the first instance if you notice any abnormalities.

Book an appointment with a DPV Health doctor or nurse by calling 1300 234 263 (select option 1).

National Cancer Screening Programs Include:

www.breastscreen.org.au
www.health.gov.au/our-work/national-bowel-cancer-screening-program
www.health.gov.au/our-work/national-cervical-screening-program

Family Planning

Our team of experienced, friendly practitioners are here to help you with planning your family in a respectful and non - judgemental way

All appointments are private and confidential.

Book an appointment with a DPV Health doctor or nurse by calling 1300 234 263 (select option 1).

Family planning refers to choosing methods that include contraceptives, fertility awareness, and lifestyle changes aimed at improving reproductive health based on a women's needs.

Family planning offers numerous benefits beyond pregnancy prevention:

- **Improved maternal and child health:** By spacing pregnancies, mothers have time to recover, leading to healthier babies and reducing risks like low birth weight.
- **Economic stability:** Planned families contribute to better financial management and opportunities for education and career advancement.
- **Empowerment and choice:** Family planning empowers individuals to make informed decisions about their bodies and futures, promoting overall well-being.

We can guide you through your choices and options

At DPV Health we offer family planning services, covering a wide range of areas including:

- Contraception
- Sexually transmissible infections
- Sexual function & dysfunction
- Pregnancy
- Shared care
- Cervical and prostate cancer screening
- Menstrual & gynaecological issues management
- Menopause information and management

DPV Health supports Aboriginal and Torres Strait Islander women's health through culturally safe and inclusive services.

This includes:

- ***Culturally Appropriate Care*** – Providing women's health services and specialist clinics with respect for cultural traditions and beliefs.
- ***Aboriginal Liaison Officers*** – Ensuring culturally sensitive support and advocacy.
- ***Maternal & Reproductive Health Support*** – Offering pregnancy care, contraception advice, and sexual health services.
- ***Family Violence Support*** – Providing assistance and referrals to specialised services.

Pregnancy

Antenatal care

If you are pregnant you may be thinking about your options for obstetric care. Some of our GPs offer a shared care antenatal service with our local hospitals. This might be a great option for you if you would prefer to see a GP more regularly and only make occasional visits to the hospital.

What is shared care?

Shared care is an arrangement where your pregnancy care is divided between your local hospital and your GP. Shared care lets you have some antenatal appointments with your GP and others at the hospital. Usually your hospital visits are for things like tests and scans.

Shared care is usually offered for women with low-risk pregnancies. GPs who offer shared care have extra training and qualifications in obstetric care. They also have a special arrangement in place with the local maternity hospital.

What are the benefits of shared care?

Shared care means fewer visits to the hospital and more contact with your GP. It also means that the same GP who cared for you throughout your pregnancy will be able to continue to care for you and your baby in the weeks and months after the birth.

Shared care is also great if you speak English as a second language and your GP speaks your first language and understands your cultural needs.

How to make a shared care arrangement?

If you would like to have a shared care arrangement, talk to your GP. We have several GPs at DPV Health who can assist you with a shared care plan.

What's next?

Call DPV Health today and talk to us about whether a shared careplan is right for you. We offer telehealth and face to face consults.

Quick Tip

If this is your first pregnancy and you're not experiencing any problems, it's likely you'll have about 8 to 10 appointments.

Contraception

Book an appointment with a DPV Health doctor or nurse by calling 1300 234 263 (select option 1).

What is contraception?

Contraception is also called birth control. It's a way to stop you from getting pregnant when you have sex. There are many types of contraception. You have the right to use the contraception that works for you. You can also change the type of contraception you use throughout your life.

Most types of contraception are good at preventing pregnancy but none are 100% effective. Some are harder to use than other, which can make them less effective.

What types of contraception are there?

There are different types of contraception. Some are for short-term use and others can be used for a longer term.

Long-lasting reversible contraception (LARC)

LARC stands for 'long-lasting reversible contraception'. It's a type of contraception you can use if you don't want to think about birth control every day, or every time you have sex. LARC can last for several years. There are two types of LARC you can use:

Contraceptive implant — This is a small plastic rod placed under the skin of your upper arm. It slowly releases hormones to stop your ovaries from releasing an egg each month. It lasts up to three years.

Intrauterine device (IUD) — This is a small T-shaped device placed in your uterus which lasts for five to 10 years. IUDs may contain hormones that are slowly released over time, or they may be made from copper. Once LARC is removed it's possible to get pregnant if you have unprotected sex.

LARC is more than 99% effective in preventing pregnancy but does not protect from sexually transmitted infections (STIs).

LARC must be inserted and removed by a specially trained doctor or a nurse. You can visit a women's health clinic, family planning clinic, gynaecologist (specialist in women's reproductive health) and some general practitioners (GPs).

Hormonal injection (Depo Provera)

Depo Povera is short-acting form of contraception given as an injection (needle) every 12 weeks. It's a hormonal medication that works by stopping ovulation and thickening the mucus in your cervix (entrance to your uterus) which stops sperm from entering the uterus. You need to have an injection every 12 weeks if you don't want to get pregnant. Depo Provera is 96 – 99.8% effective but does not protect against STIs.

You need a doctor's prescription to have the injection. Your normal GP can give you the injection, or you can visit a women's health clinic or family planning clinic.

Oral contraception

Oral contraception is a tablet or pill that you swallow each day. It's also called the contraceptive pill or 'the Pill'. There are two main types of oral contraception:

1. The combined pill contains oestrogen and progestogen and stops you from ovulating.
2. The progestogen-only pill (mini pill) thickens the mucus in your cervix to stop sperm from entering your uterus. If taken correctly oral contraception is 99.7% effective. You need to take the pill at the same time every day for it to work properly. If you forget to take it, you may get pregnant. Oral contraception does not protect you from STIs.

You can get both types of oral contraception at a chemist, but you need a prescription from your doctor.

Vaginal ring

The vaginal ring is also called a contraceptive ring or combined hormonal ring. It's made from soft silicone and contains the same type of hormones as the combined pill and works by stopping ovulation. You put the ring inside your vagina (like putting in a tampon), and you can leave it there for up to three weeks.

When you have your period, you remove it and use a new ring when your period has finished. A vaginal ring will not protect you from STIs.

It's 99.5% effective if used perfectly. If you have trouble putting it in properly it may only be 93% effective.

You can get a vaginal ring at a chemist, but you need a prescription from your doctor.

Condoms and diaphragms (barrier methods)

Condoms and diaphragms are known as barrier methods of contraception. They work by stopping sperm from reaching an egg.

They include:

- External condom, worn over the penis
- Internal condom, a sheath that fits inside the vagina
- Diaphragm, a soft silicone cap placed inside the vagina.

Condoms are the only type of contraception that will protect you from STIs.

Condoms can only be used once. You should not use an external condom with an internal condom as they may move out of place during sex.

Diaphragms are put inside the vagina before sex and left in for at least six hours after sex. Then you remove it, wash it and store it in a case until the next time you use it.

When used perfectly, external condoms are 98% effective, internal condoms are 95% effective and diaphragms are 94% effective. Unfortunately, these types of contraception are harder to use which can make them less effective. Around one in five people get pregnant when using them.

You can buy external condoms from sexual health clinics, family planning clinics, chemists and supermarkets. Internal condoms are available at family planning clinics, some women's health clinics and some chemists.

You can buy a diaphragm from family planning clinics, women's health clinics and some chemists. But it's a good idea to get a doctor or nurse to check it fits properly before you use it.

If you're not sure which contraception to use, you can talk to one of the doctors or nurses at our Sexual and Reproductive Health Service.

Our team of experienced, friendly practitioners are here to help you look after your sexual and reproductive health in a respectful and non-judgmental way.

Know your options, learn about the best contraception for you. Scan the QR code or visit dpvhealth.org.au

Medical termination of pregnancy

What you need to know

Medical termination of pregnancy is a safe, non-surgical method that is used for the termination of early pregnancy.

Ending a pregnancy (also called termination) is a personal choice. It can be a hard decision to make, but it's important that you decide what's right for you.

What is medical termination of pregnancy?

Medical termination uses two different types of medication to end a pregnancy. Medical termination can be done at home at a time that suits you. This means you have more privacy and control around ending your pregnancy.

However, medical termination is only available to end a pregnancy up to 9 weeks.

This form of termination is not suitable for everyone. Your doctor can provide further information.

How does medical termination work?

Medical termination involves taking two different medicines.

Step 1 — You take a tablet that blocks the hormones needed for the pregnancy to continue. You should not notice any effects of this medicine.

Step 2 — 36-48 hours later, you take a different medicine that causes your uterus to contract, so you miscarry your pregnancy. This will cause cramps and bleeding which will flow out of your vagina, in a similar way to a period.

Medical termination is successful in 98% of cases.

You will have several hours of intense cramping, but the pain will ease once the pregnancy is over.

Bleeding after a medical termination usually lasts between 10-16 days, but it can last for up to 30 days. To reduce the risk of infection, you should avoid the following for 14 days:

- Vaginal sex
- Using tampons or menstrual cups - use pads instead
- Swimming
- Baths - showering is fine.

You may also need to have a follow up appointment with a doctor to make sure you have no complications, and the pregnancy is terminated. This usually involves a blood test to check for pregnancy hormones.

How can I access medical termination?

In Victoria you can access medical termination from some community health centres, GP clinics, public hospitals and private abortion clinics. Medical termination is available at our Women's Health Clinic.

If you live in a rural or remote area, you may be able to access medical termination pills via telehealth.

Is medical termination legal?

Yes. In Australia it's legal to end a pregnancy under certain circumstances and only if done by a registered medical professional. In Victoria termination of pregnancy is a common and legal procedure.

Your rights

There may be some doctors who don't provide information about terminating pregnancy because of their personal beliefs. This is called conscientious objection. In Victoria, the law states that doctors who have a conscientious objection must refer any person wanting information about termination to another doctor who doesn't object.

If a doctor refuses to refer you, you can make a formal complaint.

Our team of experienced, friendly practitioners are here to help you look after your sexual and reproductive health in a respectful and non-judgmental way.

All appointments are private and confidential.

Book an appointment with a DPV Health doctor or nurse by calling 1300 234 263 (select option 1).

Where to go for extra support

At the DPV Health Sexual and Reproductive Health Service, we respect your right to choose what is best for you and are here to support you if you choose to end your pregnancy. We offer counselling to help you understand all your options, and ongoing support and care if you decide to terminate your pregnancy.

Mill Park Medical
20 Civic Dr,
Mill Park VIC 3082

Broadmeadows Medical
42/48 Coleraine St,
Broadmeadows VIC 3047

For more information on this topic scan the QR code or visit dpvhealth.org.au

STIs (Sexually Transmitted Infections)

What are they and how to prevent them

Sexually transmitted infections (STIs) can happen to anyone, but there are many things you can do to reduce your risk.

An STI is an infection that is passed from one person to another through sexual activity. You don't have to have penetrative sex to get an STI. They can be spread through semen, vaginal fluids, anal fluids, blood, skin-to-skin contact, and sometimes through saliva.

Sexually transmitted infections used to be known as sexually transmitted diseases (STDs), but the terminology has changed to be more accurate. This is because the term 'disease' suggests that someone has a medical condition with obvious signs and symptoms. STIs don't always have symptoms and not every STI leads to a disease.

The only way to know if you have an STI is to get tested.

Common STIs in Australia and how they can affect you

There are lots of different STIs, but some are more common than others. Some infections can be cured but others must be managed with ongoing treatment.

Chlamydia: Chlamydia is the most common STI in Australia with 67% of infections occurring in people aged 15-29.

Left untreated, chlamydia can cause pelvic inflammatory disease (PID). PID can lead to infertility or ectopic pregnancy (a pregnancy that occurs outside the uterus, usually in the fallopian tubes).

Chlamydia is caused by bacteria and is easily treated with antibiotics.

Syphilis: Syphilis is a bacterial infection which is usually spread through genital-to-genital contact, vaginal, anal or oral sex. It can also be passed on by sharing sex toys.

Not everyone with syphilis has symptoms but early signs are hard, painless sores on the genitals, mouth or other areas of sexual contact. Left untreated, symptoms will progressively get worse. In its late stages syphilis can cause serious problems with your nerves, heart and brain.

If you get syphilis when you're pregnant it's important to be treated. Syphilis can cause serious birth defects, premature birth and stillbirth.

Syphilis is usually treated with penicillin (an antibiotic) injections.

Gonorrhoea: Gonorrhoea is a bacterial infection that can infect the penis, vagina, anus, eyes and throat. Gonorrhoea is most commonly found in 15–29-year-olds and rates in Australia have risen by 45% over the past three years. It often has no symptoms. Gonorrhoea is treated with antibiotics.

Other STIs to be aware of

While the above STIs are the most common in Australia, there are others you should be aware of.

- Genital warts and HPV
- Herpes
- HIV
- Hepatitis B and C

How can I protect myself from a sexually transmitted infection?

Practice safer sex: You can reduce your risk of getting an STI by practicing safe sex. This means avoiding contact with other people's bodily fluids such as blood, semen, vaginal fluids and anal fluids.

You should avoid sexual contact if you have an STI.

For more information on this topic scan the QR code or visit dpvhealth.org.au

Our team of experienced, friendly practitioners are here to help you look after your sexual and reproductive health in a respectful and non-judgmental way.

All appointments are private and confidential.

Book an appointment with a DPV Health doctor or nurse by calling 1300 234 263 (select option 1).

What should I do if I think I'm at risk?

If you think you may have an STI you should see your doctor and ask for an STI test. If you do have an STI, early treatment will reduce your risk of complications and transmitting it to your partner.

What should I do if I'm diagnosed with an STI?

If you're diagnosed with an STI it's important to follow the treatment recommended by your doctor. You should avoid sexual activity until you are cleared from the infection. It's also important to tell anyone you've recently had sexual contact with, so they can be tested and treated.

Endometriosis

Book an appointment with a DPV Health doctor or nurse by calling 1300 234 263 (select option 1).

Endometriosis is a prevalent yet often under-recognised chronic condition affecting approximately one in nine individuals assigned female at birth by the age of 44 in Australia. This condition arises when tissue similar to the endometrium—the lining of the uterus—grows outside the uterine cavity, leading to a range of symptoms that can significantly impact quality of life.

Symptoms and Impact

The manifestations of endometriosis vary among individuals. Common symptoms include:

- **Pelvic Pain:** Severe menstrual cramps, chronic pelvic discomfort, and pain during or after sexual intercourse.
- **Menstrual Irregularities:** Heavy or irregular menstrual bleeding.
- **Gastrointestinal Issues:** Bloating, diarrhea, constipation, and pain during bowel movements, particularly during menstruation.
- **Fatigue:** Persistent feelings of tiredness or low energy.
- **Infertility:** Challenges in conceiving, with endometriosis present in up to 50% of women experiencing infertility.

It's noteworthy that some individuals with endometriosis may be asymptomatic, complicating timely diagnosis.

Diagnosis

Diagnosing endometriosis can be challenging due to its varied presentation. A comprehensive approach includes:

- **Medical History and Symptom Evaluation:** Detailed discussion of menstrual patterns, pain characteristics, and other relevant symptoms.
- **Physical Examination:** Pelvic examination to identify abnormalities.
- **Imaging Studies:** Transvaginal ultrasound and magnetic resonance imaging (MRI) can assist in identifying endometriotic lesions.

Management and Treatment

Treatment for endometriosis is individualised, based on symptom severity, lesion extent, and fertility aspirations. Options include:

Pharmacological Interventions:

- **Analgesics:** Over-the-counter pain relievers like nonsteroidal anti-inflammatory drugs (NSAIDs) to alleviate mild pain.
- **Hormonal Therapies:** Oral contraceptives, progestins, and gonadotropin-releasing hormone (GnRH) agonists aim to reduce or eliminate menstruation, thereby minimizing endometrial growth and associated pain.
- **Surgical Treatment:** Laparoscopic surgery to excise or ablate endometriotic lesions, which can provide significant pain relief and may improve fertility outcomes.
- **Multidisciplinary Approaches:** Incorporating physiotherapy, psychological support, and dietary modifications to address the multifaceted impact of endometriosis.

Resources

Individuals seeking support and treatment for endometriosis in Melbourne have access to several reputable resources:

- **The Royal Women's Hospital:** Offers comprehensive care, including diagnosis, treatment, and support services for those affected by endometriosis.
  www.thewomens.org.au/health-information/periods/endometriosis
- **Jean Hailes for Women's Health:** Provides extensive information, resources, and clinical services tailored to women's health concerns, including endometriosis.
  www.jeanhailes.org.au
- **Endometriosis Australia:** A national charity focused on increasing recognition and understanding of endometriosis, offering support networks and advocating for improved patient care.
  https://endometriosisaustralia.org

Period pain & period problems

Period pain and period problems can happen at any age and it's important to know that support is available to you.

What are period problems?

Menstrual cycles can bring about a range of uncomfortable symptoms, including mild cramping and fatigue. These symptoms usually go away when your period begins. For some women however, more serious issues can occur. If you're period is too heavy, or too light, or if it is irregular or painful, you may need to see your GP.

What is PMS?

Premenstrual syndrome (PMS) is the term given to a range of emotional and physical symptoms that many women experience before their period.

These symptoms include:

- Anxiety
- Irritability
- Difficulty ing
- Nervous tension
- Depression
- Mood swings
- Aggression
- Lower libido
- Fluid retention
- Abdominal bloating
- Breast swelling
- Headaches or migraine
- Poor concentration
- Increased weight
- Constipation or diarrhoea
- Food cravings
- Aches and pains
- Fibroids

If these symptoms persist, book an appointment with your GP.

Heavy periods

Heavy periods are a common menstrual problem. They can also be upsetting and disrupt your daily life. If you are bleeding more than normal, or if your period is lasting longer than five to seven days, talk to your GP. Heavy periods are often caused by imbalances in hormone levels, especially estrogen and progesterone.

They can also be caused by:

- Endometriosis
- Changes in exercise or diet
- Inflammation or infection
- Fibroids
- Puberty
- Perimenopause

Absent or irregular periods

Sometimes, women don't get their period, or their periods are irregular. **Common causes of missing or irregular period include:**

- Endometriosis
- Pregnancy
- Anorexia
- Ovarian cysts
- Stopping birth control
- Sudden weight loss or gain
- Breastfeeding
- Menopause

Managing menopause

What you need to know

Menopause is a significant chapterin a woman's life, and it can be challenging. But with a lot of misinformation out there, it's important to understand the facts.

Menopause marks the end of your reproductive years and occurs when you have your final period. It can happen naturally, or earlier than expected. The natural age of menopause is anywhere between the ages of 45 and 55 years. In Australia, the average age of menopause is 51.

There are three phases of menopause:

1. Perimenopause — This is the stage before menopause which usually starts in your 40s. Perimenopause commonly lasts between four and six years, but it can last as many as 10 years. Symptoms of menopause typically begin during these years.

2. Menopause — This is when you have your final menstrual period. If you haven't had a period in 12 months, you've reached menopause.

3. Postmenopause — This refers to the years after you reach menopause. You may still experience symptoms of menopause into postmenopause.

Symptoms of menopause

Changing hormone levels during perimenopause and menopause can cause a range of symptoms. Menopause symptoms are different for everyone. Around 20% of women have no symptoms, while 60% have mild to moderate symptoms. About 20% of women have severe symptoms which impact their daily activities and quality of life.

The most common symptoms of menopause are irregular periods and hot flushes. However, there are many other symptoms — some that may even surprise you. Menopause symptoms can be physical or emotional.

Menopause and other health conditions

Lower levels of oestrogen can increase the risk for other health conditions. These include osteoporosis and cardiovascular disease.

For this reason, it's recommended that women experiencing premature or early menopause take Menopausal Hormonal Therapy (MHT) until at least the expected natural age of menopause. Once you reach menopause, you should have regular heart health checks and bone health checks.

Managing menopause

There are many ways to manage menopause symptoms. Recommended therapy and treatment will depend upon your symptoms, risk factors, and other medical conditions you may have.

Hormonal treatment

Menopausal hormone therapy (MHT) can help manage bothersome symptoms. Formerly known as hormone replacement therapy (HRT), MHT is the medical replacement of the female hormones, oestrogen and progesterone. Some formulations may also include testosterone.

MHT is the most effective treatment for hot flushes and night sweats and also effectively treats vaginal dryness.

For the majority of women with troublesome menopause symptoms, the benefits of MHT outweigh any risks. However, MHT is not recommended for everyone, so talk to your doctor.

For more information on this topic scan the QR code or visit dpvhealth.org.au

Medical treatments

Other medications may be used to treat menopause symptoms.

These include:

- Anti-depressants
- Gabapentin (an anti-seizure medication)
- Natural Therapies

Many women use natural therapies to manage their menopause symptoms. Natural therapies include vitamin and mineral supplements, herbal medicines, acupuncture, yoga, meditation, mind-fulness and relaxation. While there is some evidence to support the use of some of these therapies, more research is needed to prove their effectiveness.

Before taking any supplements or herbal medicines, speak to your doctor as they can interact with other medications making them less effective, or cause adverse reactions.

Our team of experienced, friendly practitioners are here to help you look after your sexual and reproductive health in a respectful and non-judgmental way.

All appointments are private and confidential.

Book an appointment with a DPV Health doctor or nurse by calling 1300 234 263 (select option 1).

If you're experiencing menopausal symptoms that impact your daily life, or just want more information about menopause, you can talk to one of the doctors or nurses at our Sexual and Reproductive Health Service.

Mental health

Quick Tip

Keep emergency numbers on your speed dial for 24 hour support.
1300 606 024
CATT - 24/7 Mental health emergency services.

If you're living with depression and/or anxiety, we can help. As a woman you may be used to putting the needs of others first, but it is important to get help and support when you need it.

Here are some things that you can do:

Take care of your physical health

- By staying active with exercise
- Staying hydrated
- Eating a healthy diet with plenty of fresh fruits and vegetables

Stay connected to others

Keeping in touch with family and friends is important. Try reaching out and sharing the mental load with others through:

- Organising catch ups
- Phone calls
- Video chats
- Online groups

Create new routines

Having routines in our day can give us a sense of structure and achievement. If you feel like things are out of control, create some new routines. This will be helpful to feel a positive impact once a task is completed.

LGBTIQA+ Community

There is a significant body of evidence, in Australia and internationally, to suggest that LGBTIQA+ people experience anxiety and depression at higher rates than their heterosexual peers and are at greater risk of suicide and self-harm.

Australian and international studies show that LGBTIQ people under-utilise health services and delay seeking treatment due to actual or anticipated experiences of stigma and discrimination from service providers. It's important to get help when needed.

At DPV Health we offer counselling and other mental health services without judgement and we respect your confidentiality and privacy.

As a Rainbow Tick Accredited Oranisation, our health professionals are trained to provide support for all community members with diverse backgrounds and beliefs.

DPV Health social workers, psychologists and mental health nurses offer a safe, respectful, and confidential service to suit your needs. DPV Health offers counselling, case work, and group work.

Call 1300 234 263 (select option 4).

For more Mental Health support Services scan the QR code

Rainbow Tick

Quality Innovation Performance ACCREDITED

Family Violence & Domestic Violence

Research shows that 1 in 4 women have experienced at least one incident of non-physical abuse from a partner, yet overall we are less likely to recognise the non-physical signs.

Non-physical abuse is often a pre-cursor to physical abuse, hence it is important to recognise the signs early on.

Both family violence and domestic violence include behaviours such as:

- Physical violence (hitting, choking, use of weapons)
- Emotional abuse, also known as Psychological abuse (intimidating, humiliating)
- Coercive control (controlling access to finances, monitoring movements, isolating from friends and family).

Don't suffer in silence, if your mental health is suffering from family or domestic violence please call a DPV Health GP for a referral and we can help you to manage your mental health and well-being.

Quick Tip

Keep emergency numbers on your speed dial for 24 hour support.
1800RESPECT
1800 737 732 (Nationwide 24- hour family violence and sexual assault support)

For more Family Violence support services scan the QR code

DPV Health®

Other DPV Health Services Include:

Medical Services

- Doctor/GP Services
- Immunisation & Vaccination
- Chronic Disease Management
- All Other Medical Services

Dental Services

- Public Dental Services
- Affordable Private Dental
- Oral Health Program

Physical Health

- Audiology
- Physiotherapy
- Speech Pathology
- Exercise Physiology
- Nutrition and Dietetics
- Occupational Therapy
- Podiatry
- Diabetes Nurse Education

Mental Health

- Counselling, Psychology & Social Work
- Newbold Mental Health Program
- Men's Behaviour Change Program
- HeadtoHealth

Disability Services

- NDIS & Disability Services
- Understanding NDIS
- Adult Community Options
- Support Coordination
- Teen & Young Disability Support
- Social Support Programs

Aged Care

- Home Care Packages
- Community Phone Connect Program
- Aged Care Assist
- Social Support Programs
- Hospital Admission Risk Program

Child & Youth

- Early Childhood Intervention
- Children's Physiotherapy
- Children's Audiology
- Children's Occupational Therapy
- Children's Dietetics
- Children's Speech Pathology
- Community Asthma Program (CAP)
- Pathways to Good Health

Community Support

- Aboriginal & Torres Strait Islander Services
- Victims Assistance Program
- Health Nursing
- Refugee Asylum Seeker
- LGBTIQ Community Services
- Homelessness Service
- Healthy Mothers, Healthy Babies
- Pathway to Good Health

REGISTERED NDIS PROVIDER

Women's Health Hub