

Women's Health Tasmania

Women's Health Tasmania is a state-wide health service run by women for women.



We offer free counselling, information and activities that help you get skills to be healthy. We look at health as being more than feeling well or unwell. Health can be affected by your relationships, employment, finances, home and culture. We want to help women be informed so they can make decisions about their health and wellbeing.

Counselling

We offer free counselling with a social worker or a psychologist. You do not need a doctor to organise this for you – you can make an appointment yourself.

We offer 3 appointments. We can help you find another counsellor if you need more than this. We specialise in emotional health and wellbeing, pregnancy, birth, parenting, pregnancy options, pregnancy services and abortion care. We do not provide medical advice.

All counselling is free, confidential and non-judgemental. Counselling is available Mondays to Thursdays, 9am to 4pm. Our counselling can be by phone, on a computer or in person at our Hobart centre.

We can organise an interpreter. Call TIS on **131 450**, state your language and ask them to call **Women's Health Tasmania** on **1800 675 028** so you can make an appointment.

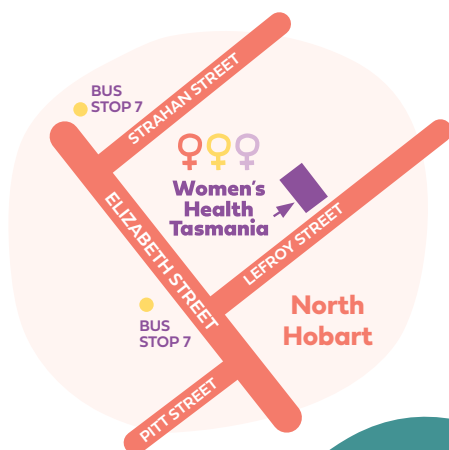


Our Centre in Hobart

If you live in Hobart, you can visit us! We are open in the mornings, Monday – Thursday, at 25 Lefroy Street, North Hobart.

How to get here:

- If you are coming from the northern suburbs, catch the City bus (500 series). Get off at **Elizabeth Street Stop 7** (outside the State Cinema). Walk downhill, cross over the first side street (Strahan Street), walk past the laundromat and Vinnies op shop. Turn left at the next side street (Lefroy Street). Walk downhill past a small car park and look for the building on the left with a mural painted on it. This is Women's Health Tasmania!
- If you are coming from Hobart, catch a bus going to Moonah or Glenorchy (500 series). Get off at **Elizabeth Street Stop 7** (outside the Guardian Pharmacy). Walk downhill and cross over the side street (Pitt Street). Cross over Elizabeth Street at the traffic lights. Walk back uphill and turn right at the first side street (Lefroy Street). Women's Health Tasmania is the building with the mural on the other side of the street.



At the Centre in Hobart, we have:

- A **free shower, tea and coffee** and **clothes swap rack**. Just call in.
 - A **health worker** you can talk with. She is here Monday to Thursday from 9 – 12.30. It's free. You don't need an appointment. We can organise a translator.
 - **Counsellors** you can talk with. It's free. We can organise a translator. Call TIS on **131 450**, state your language and ask them to call Women's Health Tasmania on **1800 675 028** to book an appointment.
 - **Classes** every week during school terms in tai chi (Monday), yoga (Wednesday) and meditation (Thursday). The classes are low cost or free.
 - **Walking group** every Wednesday morning during school terms.
 - Migrant Mothers and Baby **Playgroup** every Wednesday morning during school terms. This group is for women who have migrated to Tasmania from overseas and have a baby aged under 1 year old. Please bring your baby, but do not bring older children.
 - A women-only **Breast Cancer** Support Group. We can organise a translator.
- Please call **1800 675 028** to register for a class or group in Hobart.

We also have:

Online classes – yoga, tai chi, weights, meditation

We have classes online for yoga, tai chi, weights and meditation. They are available for free through Facebook and you can watch them anytime you want:

- find Women's Health Tasmania on Facebook,
- click on the Groups tab, and
- join the Online Classes group.

Period underwear

Period underwear is underwear that look and feel like normal underwear but is absorbent. You can wear them when you have your period. You then wash them in cold water, hang on the line and use them again. It saves you a lot of money. We are providing period underwear for free but we have limited supply, so please call **1800 675 028** to see if we have any available. You need a Health Care Card or Pension Concession Card.

Women's health information in your language

We have some women's health information in some languages other than English. Please go to: **Resources | Women's Health Tasmania**.

www.womenshealthtas.org.au

25 Lefroy Street, North Hobart PO Box 248, North Hobart, Tasmania 7002

P: **6231 3212** F: **6236 9449** Information Line: **1800 675 028**

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