

SERVICES

SEXUAL HEALTH AND EDUCATION SERVICES BY SHINE SA

SHINE SA is a key sexual health agency in South Australia. It provides individuals and communities with services, information and advocacy to improve their relationships and sexual and reproductive health.

SHINE SA welcomes and celebrates all people from diverse cultures, sexual orientations, genders, sexes and abilities.

Clinic and Counselling Services

Clinics

Our clinics at SHINE SA provide comprehensive sexual, reproductive and relationship health services.

Our clinics provide:

- STI testing and management
- contraception services, including Emergency Contraception
- pregnancy testing and referral
- common gynaecological issues
- sexual dysfunction.

To find information on our clinic locations, times and fees visit: www.shinesa.org.au

Our Hyde Street Practice clinic is a general practice and sexual and reproductive health clinic of SHINE SA. This practice has a team of doctors, nurses, Sexual Health Physician and psychologist.

Hyde Street Practice is also home to a range of other services including SAMESH and Gender Wellbeing Service:

- SAMESH is a partnership between Thorne Harbour Health and SHINE SA. SAMESH provides support, education and training about sexual health and HIV for men who have sex with men and people living with HIV. They also provide services for the broader LGBTIQ community, in South Australia.
- The Gender Wellbeing Service is a free, confidential service and safe space for people who are questioning their gender identity or identify as trans or gender diverse.

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
- living with sexually transmitted infections

Sexual Healthline

The Sexual Healthline is a free, confidential service staffed by experienced sexual health nurses.

The Sexual Healthline is open from 9am – 12.30pm, Monday to Friday.

Tel: 1300 883 793

Toll free: 1800 188 171 (country callers only)

Interpreters

Free interpreting can be arranged for our sexual and reproductive health services. Interpreters can be requested with a preference for the gender of an interpreter.

Education and Information Services

Education and training

SHINE SA provides a range of sexual and reproductive health and relationship wellbeing education, training, resources and information.

We deliver expert training to doctors, nurses and midwives, educators, workers and students in the acute, primary and community health sectors.

We aim to increase the capacity of the workforce to deliver positive sexual health and relationship outcomes for all South Australians.

Clinical workforce education:

Our education and training for doctors, nurses, midwives, and other health professionals supports professionals to increase their knowledge and skills in the area of sexual and reproductive health.

Education opportunities include the Family Planning Alliance Australia Certificate in Sexual and Reproductive Health, Certificate in Sexual Health for Nurses and Midwives, IUD Insertion Training and Cervical Screening Provider Course.

Regular updates and workshops are also offered on topics including STIs, contraception, and supporting the sexual and reproductive health of priority populations including LGBTIQ+ people.

Community workforce education:

Our community education offers opportunities for workers in specific sectors (e.g. disability; youth and community work; Aboriginal and Torres Strait Islander health; mental health; Culturally and Linguistically Diverse communities). Tailored training for specific sectors or workplaces can also be requested.

Schools education and support:

SHINE SA provides a range of services to support schools to implement a comprehensive, whole school approach to relationships and sexual health education.

We provide professional development training for principals, teachers and wellbeing staff. Resources including curricula and Activity Packs to support the delivery of relationships and sexual health education.

SHINE SA collaborates with SA Health and the Department for Education to deliver this best-practice primary prevention program.

Visit www.shinesa.org.au for more information about our education and training opportunities.

Library and Resource Centre

SHINE SA's Library and Resource Centre provides South Australians with access to relationship and sexual health information and resources.

Our library is free to join and features a broad selection of items on relationships and sexual health, including books, journals and reports. Research assistance can also be requested.

Our Resource Centre has 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 (annual membership fee applies). For more details go to www.shinesa.org.au/resource-centre

Information and Health Promotion

SHINE SA publishes health promotion and awareness campaigns every year with the aim to support the sexual and reproductive health of South Australians.

We also produce a range of publications, pamphlets, health promotion materials and other resources. Many of our resources can be ordered or downloaded at www.shinesa.org.au

CONTACT
SHINE SA

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Clinic & Counselling Appointments and General Enquiries

Tel 8300 5300

Clinic locations and times are available at 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

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