A Guide to Keeping Healthy and Staying Safe at Sydney WorldPride



WITHLOVE.ORG.AU



WELCOME TO SYDNEY



Sydney WorldPride is a wonderful time to visit our exciting Harbour City. As New South Wales' leading LGBTQ health and HIV organisation, ACON works to support and strengthen our communities' health and wellbeing. For Sydney WorldPride, we've developed this guide to equip you with the information you need to keep yourself and others healthy and safe during the festivities.

This Sydney WorldPride 2023, whatever you do, do it safely and with love.









ACON acknowledges and pays respects to the Traditional Owners and Custodians of all the lands on which we work.



ACON is NSW's leading community-based organisation specialising in community health, inclusion and HIV responses for people of diverse sexualities and genders.

Established in 1985, our purpose is to create opportunities for people in our communities to live their healthiest lives.

CONTACT US

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We're NSW's leading health promotion organisation specialising in community health, inclusion and HIV responses for people of diverse sexualities and genders.

During Sydney WorldPride, we're here to help locals and visitors stay safe in relation to HIV, sexual health, mpox, alcohol and other drugs, consent and street safety. You'll find us at lots of events right throughout the festival so come up and sau hi.

We're ACON. We're here for you and we're here for health.

acon.org.au





STAYING SAFE DURING WORLDPRIDE

The best way to prevent a sexually transmissable infection (STI) is by using barrier protections like condoms and gloves.

To prevent the transmission of HIV, use a range of options including condoms, PrEP (pre-exposure prophylaxis), UVL (undetectable viral load), PEP (post-exposure prophylaxis) or a combination

CONDOMS

Get free condoms and lube (safe sex packs) in NSW from sexual health clinics, gay bars and at all sex-on-premises venues (SOPVs). Free safe sex packs are also available at major Sydney WorldPride events. ACON Tradies – peer volunteers – will also be handing out packs at major parties.

PrEP

PrEP is medication taken by HIV negative people to prevent HIV infection. This can be taken daily, on-demand (2-1-1) or periodic dosing.

UNDETECTABLE VIRAL LOAD (UVL)

A UVL (undetectable viral load) refers to a person living with HIV who has taken treatment effectively and reduced the amount of HIV in their blood to a level undetectable by tests. This means that the treatment has stopped the virus from replicating and they cannot transmit HIV to their partners. This is also referred to as U=U, which stands for lindetectable = Untransmissible

FURTHER INFO

Visit Ending HIV (www.endinghiv.org.au).

VISIT HEALTH & PREVENTION HUBS



SURRY HILLS

The Prevention Hub has been set up for Sydney WorldPride to provide residents and visitors access to sexual health information, resources and mpox vaccinations. Last-minute PrEP for those unable to access it and emergency PEP are available. Walk-in service, no need for an appointment.

349 Crown St, Surry Hills.

Monday - Friday 11am - 7pm Saturday 9.30am - 5.30pm

DARLINGHURST

St Vincent's Hospital's WorldPride Hub is providing PEP, PrEP, sexual health testing and treatment, HIV testing, mpox vaccines and assistance with antiretroviral drugs for people living with HIV who have lost/run out of their meds. Walk-in service, no need for an appointment.

Sacred Heart Building 170 Darlinghurst Rd, Darlinghurst

Open 7 days 10.30am - 6.30pm

FURTHER INFO

Call NSW Sexual Health Infolink on 1800 451 624.

GETTING TESTED

TESTING FOR STIS IN NSW

If you think you have a STI such as syphilis, chlamydia or gonnorrhea, you should have it checked out. Sexual health clinics provide a free and confidential service for NSW residents and visitors.

You can also visit ACON's a[TEST] service in Darlinghurst and Surry Hills. a[TEST] is a community-based testing facility, which means it is run by peer educators (trained guys from our communities) and friendly nursing staff.

You do not need a Medicare card or be an Australian resident to visit sexual health clinics or a[TEST] in NSW.

You can also ask for an STI test from your doctor.

HIV TESTING IN NSW

HIV testing is fast, easy and confidential. There are lots of testing options including a blood test, a finger stick test or a rapid test.

You can get a HIV test at a local sexual health clinic or at ACON's a[TEST]. You can also ask for a HIV test from your doctor. Your results are 100% private.

FURTHER INFO

For more information on HIV and STI testing, go to the Ending HIV website (www.endinghiv.org.au) or the NSW Sexual Health Infolink website (www.shil.nsw.gov.au).

WHERE TO GET TESTED IN SYDNEY METRO AREA

a[TEST] Oxford Street 167 Oxford St, Darlinghurst

a[TEST] Surry Hills 414 Elizabeth Street, Surry Hills

www.atest.org.au

Contact NSW Sexual Health Infolink on 1800 451 624 to book you into one of these clinics below:

Sydney Sexual Health Centre Sydney Hospital Macquarie Street, Sydney

Kirketon Road Centre Above Darlinghurst Fire Station, Victoria St (entrance), Darlinghurst

St Vincent's Hospital Level 4, Xavier Building 390 Victoria Street, Darlinghurst

The Albion Centre 150-154 Albion St, Surry Hills

RPA Sexual Health Clinic 16 Marsden St, Camperdown

Find your nearest sexual health clinic online

NSW Health: health.nsw.gov. au/sexualhealth/Pages/sexualhealth-clinics.aspx

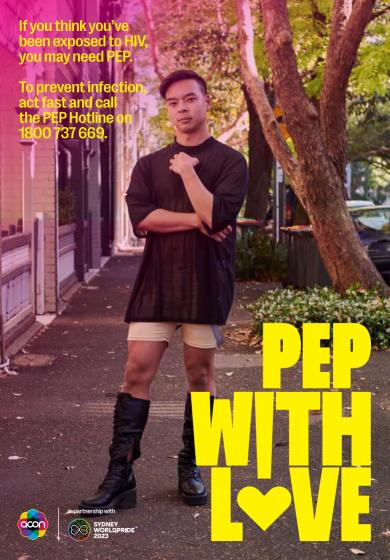
Ending HIV: endinghiv.org.au/ test-often/where-to-get-tested/



8AM-8PM WEEKDAYS







EXPOSED TO HIV? GET PEP, ACT FAST

If you think you have recently been exposed to HIV, you may need PEP (post-exposure prophylaxis). This 4-week treatment can prevent HIV infection, but you need to act fast - within 72 hours

PEP works by stopping the virus from replicating after recent exposure. The cells originally infected with HIV die naturally within a short period of time, reducing the likelihood for HIV to establish itself in the bodu.

PEP is for anyone who thinks they may have been exposed to HIV and should ideally be taken within a few hours after the risk event. If it is not started within 72 hours (3 days) of exposure to HIV it is likely that the drug will be ineffective.

FURTHER INFO

Contact your local sexual health clinic, hospital accident and emergency department or the PEP NSW hotline 1800 PEP NOW [1800 737 669].

For more info about PEP and to find locations to access PEP in your area, visit the Get Pep website (www.getpep.info).

For questions regarding HIV call the HIV Hotline on 9332 9700 or 1800 451 600.

EMERGENCY PEP

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During Sydney
WorldPride,
emergency PEP
can be accessed from:

The Prevention Hub

349 Crown St, Surry Hills

Monday - Friday 11am - 7pm Saturday 9.30am - 5.30pm

Walk-in service, no need for an appointment.

St Vincent's Hospital WorldPride Hub

Sacred Heart Building 170 Darlinghurst Rd, Darlinghurst

Open 7 days 10.30am - 6.30pm

Walk-in service, no need for an appointment.

REMEMBER

For PEP to be effective you need to commence treatment within 72 hours of an exposure to HIV. For more information, call the PEP NSW hotline on 1800 PEP NOW (1800 737 669).

ACCESSING TREATMENT

Have you lost your baggage with your meds in it? Or perhaps your meds have expired? Or you've just run out? Don't worry.

Provisions are in place through sexual health centres such as The Albion Centre in Surry Hills to ensure that medication is available to those who might find themselves in circumstances without any medication.

Contact the NSW Sexual Health Infolink for advice and more information on 1800 451 624 from 8am-8pm, Monday to Friday.

TRAVELLING WITH YOUR MEDICATION

Here are some handy hints before your trip to Sydney:

- Don't put your medication into checked luggage in case your luggage is diverted or lost.
- Carry a doctor's note with your prescription, with your pills in your carry-on luggage. The note from your doctor does not need to disclose your HIV status.
- Carry an extra supply of medication in case your stay is delayed or extended due to unforeseen circumstances.

- If you are on HIV medication, do not 'meter out' your doses to make them last. Take your medication as prescribed, daily, no matter what. If you run out, you run out.
- If you forget to take your medication, you have around 12–14 hours to remember to take it later on that day, otherwise, simply take your medication the next day.

RECIPROCAL HEALTH CARE AGREEMENTS

People living with HIV from selected countries can access medical care in Australia, including HIV medication at the government-subsidised rate, thanks to health care agreements. These include Belgium, Finland, Italy, Malta, the Netherlands, New Zealand, Norway, Ireland, Slovenia, Sweden and the UK. For more information, visit the Service Australia website (www.servicesaustralia.gov.au).

FURTHER INFO

Contact the NSW Sexual Health Infolink for more information on 1800 451 624 from 8am–8pm, Monday to Friday.

Everything has changed. We can end HIV transmission.

$$\begin{bmatrix} TEST \\ OFTEN \end{bmatrix} + \begin{bmatrix} TREAT \\ EARLY \end{bmatrix} + \begin{bmatrix} STAY \\ SAFE \end{bmatrix} = \begin{bmatrix} E & N & D \\ I & N & G \\ H & I & V \end{bmatrix}$$

ENDINGHIV.ORG.AU

MPOX PREVENTION

Mpox ('monkeypox') is a viral infection that causes a rash. It spreads through direct contact with lesions or scabs on the skin, infected bodily fluids or contaminated objects such as bedding or clothes. Transmission in a majority of mpox cases is happening through direct intimate contact like sex and through sexual networks

VACCINATION IS ONLY ONE WAY TO PREVENT MPOX INFECTION

In NSW, free mpox vaccinations are available to all gay and bisexual men (cis or trans), and anyone who might be having sex with gay and bisexual men (including cis and trans women, non-binary people and sex workers). You can be vaccinated without Medicare and international travellers can access the vaccine.

STAY ALERT FOR SYMPTOMS

- Check yourself for symptoms before you leave home. If you feel unwell or sick, or have any rashes or sores, do not attend events or venues.
- Exchange contact info with your sexual partners to assist with contact tracing if needed.
- Practise good hand hygiene. Wash your hands with soap and water or use an alcohol-based hand sanitiser.
- At events, avoid any rashes or sores you see on others and minimise skin-to-skin contact.
- If signs or symptoms develop, DO NOT attend any Sydney WorldPride events. Selfisolate immediately and seek care by calling ahead to a GP or sexual health clinic.

GET THE MPOX VACCINE



All eligible people, including international and interstate travellers, can access the mpox vaccine in NSW. Go to:

The Prevention Hub

349 Crown St, Surry Hills Walk-in service, no appointments needed. Monday-Friday 11am-7pm Saturday 9.30am-5.30pm

St Vincent's Hospital
WorldPride Hub

Sacred Heart Building 170 Darlinghurst Rd, Darlinghurst. Walk-in service, no need for an appointment. Open 7 days 10.30am-6.30pm.

<u>Camperdown</u>

88 Mallett St, Camperdown 1800 955 566

FURTHER INFO

Visit the NSW Health mpox hub (health.nsw.gov.au/monkeypox). If you think you have been exposed to mpox, call the NSW Sexual Health Infolink on 1800 451 624.







REDUCE YOUR COVID-19 RISK

COVID-19 continues to circulate in the community.

To reduce your risk, you are encouraged to:

- Stay up to date with your COVID-19 vaccinations
- Stay home if you have cold or flu symptoms and get tested
- Consider wearing a mask in crowded, indoor places

TESTING FOR COVID-19 IN NSW

If you develop a fever and cough, stay home and get tested, don't attend large or indoor events.

COVID-19 testing clinics operate across NSW for people who need a PCR test. PCR testing continues to be available in NSW without GP (doctor) referral. For locations of COVID-19 testing clinics in inner Sydney, turn to page 37.

COVID-19 self-test kits, or rapid antigen tests (RAT), are available at major supermarkets and pharmacies.

Information about testing facilities and how to register a positive RAT result can be found on the NSW Health website (nsw.gov.au/covid-19).

IF YOU TEST POSITIVE FOR COVID-19

Stay home until your symptoms have gone. Follow NSW Health's

advice for people testing positive to COVID-19 (nsw.gov.au/covid-19/testing-managing/advice-for-confirmed).

Most people can manage COVID-19 safely at home, but if you are at higher risk of severe illness, speak with a doctor as soon as you test positive. If you are concerned about your symptoms, call the National Coronavirus Helpline on 1800 020 080.

GET FREE RATS

Free COVID-19
RATs are available
during Sydney
WorldPride from The
Prevention Hub at
349 Crown Street, Surry
Hills. Walk-in service, no
need for an appointment.

Monday - Friday 11am - 7pm Saturday 9.30am - 5.30pm

RATs are also available from the ACON Stall on Crown Street during Sydney WorldPride.

FURTHER INFORMATION

More information about COVID-19, including advice for international travellers, can be found on the NSW Health website (www.nsw.gov.au/covid-19).

ALCOHOL & DRUGS: WHAT YOU NEED TO KNOW

LIOUOR LAWS IN AUSTRALIA

- You must be 18 or older to buy alcohol or to drink alcohol in a licensed venue.
- It's illegal to sell alcohol to anyone under 18 or to someone who is already drunk.
- It is illegal for a fully licensed driver to drive with a blood alcohol concentration of .05 or over. Learner and provisional drivers must have a blood alcohol concentration of zero.

ALCOHOL FREE ZONES IN NSW

There are designated alcohol-free zones throughout Sydney. These apply to public roads and footpaths so do not drink alcohol when walking to and from venues. Alcohol is also prohibited in many parks and many civic spaces. Timed restrictions are also used.

For more information, visit the City of Sydney website (www.cityofsydney.nsw.gov.au).

RESPONSIBLE SERVICE OF ALCOHOL

Alcohol laws in NSW mandate the Responsible Service of Alcohol (RSA). This means staff must sell, serve and supply alcohol in a responsible manner.

If a person has had too much to drink in a licensed venue, it's the staff's responsibility to stop serving that person alcohol.

People who become drunk or disorderly will be ejected, and those who are intoxicated will be refused admission to any licensed venue.

SMOKING & VAPING

Most public places, including beaches, are smoke- and vape-free, as are restaurants and bars.

E-cigarettes that do not contain nicotine are legal in NSW. Vape products that contain nicotine are a prescription-only medicine.

NSW DRUG LAWS

In NSW, it is an offence to possess, use, produce or supply a drug which has been declared prohibited. This includes substances such as cocaine, MDMA, GHB, Heroin, LSD and methampethamines and PCP.

Marijuana is also prohibited unless lawfully prescribed as a medicine.

NSW Police conduct operations at many events and venues across NSW, including the use of drug detection dogs.

Be aware that if you use, carry or share illegal drugs, you can be arrested.

FURTHER INFORMATION

If you would like information and/ or advice, call the Alcohol and Drug Information Service (ADIS) on 1800 250 015

For more information on your legal rights and guidance around police interactions, visit the Fair Play website (www.fair-play.org.au). Fair Play is a community-led initiative that helps partygoers understand their rights and how to keep safe during festivities. Fair Play volunteers will also be at major dance events during Sudneu WorldPride.

For more information about harm reduction, go to ACON's harm reduction website PivotPoint (www.pivotpoint.org.au).

For legal advice, contact queerfriendly legal services such as the Inner City Legal Centre (www.iclc.org.au) or Dowson Turco Lawyers (www.dowsonturco.com.au).



PIVOT POINT

INFORMATION
SUPPORT RESOURCES

SELF-CARE TIPS

TIPS ON REDUCING & QUITTING

SELF-ASSESSEMENT

SUPPORT SERVICE DIRECTORY

Pivot Point is an online resource for LGBTQ+ people seeking information and support around alcohol and/or other drugs



pivotpoint.org.au





PARTYING SAFELY

Keep yourself and your mates safe with these party tips.

- Drink in moderation. Alternate between alcoholic and non-alcoholic drinks, or switch to low alcohol alternatives.
- Keep an eye on your beverages as drink spiking can occur.
- If you're going to use, start low and go slow. Strength of substances vary. Don't begin with a large dose.
- Don't use alone. Avoid using without your friends or partners at home, or in other situations where help might not be available.
- Avoid mixing drugs. We don't know how strong drugs are or how drugs are going to interact. This includes mixing drugs and alcohol.
- In NSW, you can get sterile injecting equipment free through the Needle & Syringe Program. This prevents the transmission of HIV and other blood-borne viruses. For locations of outlets, turn to page 41.
- Naloxone, a drug that can temporarily reverse opioid overdose and prevent overdose deaths, are also available free from NSPs. Turn to page 41 for more information.
- Watch for health alerts from authorities or updates from event organisers. Alerts about life-threatening substances such as synthetic opiods like fentanyl are circulated on social media via NSW Health and ACON.

SIGNS OF A DRUG OVERDOSE



Signs of an overdose include inability to be woken from sleep, vomiting, profuse sweating, breathing irregularly, seizures, inability to stand and unconsciousness.

Get medical help immediately if you or someone else experiences any overdose symptoms.

If you are at a club or dance party, attract the attention of medical or security staff, or ACON Rovers. Turn page overleaf to learn more about the ACON Rovers.

In a private setting or in a location where medical assistance is not available, call Triple Zero (000) and ask for an ambulance.

When you call Triple Zero (000), a control centre assistant will ask you a standard set of questions. Answer their questions in a calm and clear manner. Once you have answered all questions, do not hang up the phone, stay on the line and follow any instructions that they give you.

Be honest with emergency services so they can provide the best care.

ABOUT ACON ROVERS B DANCEWIZE NSW

In NSW, harm reduction services operate at large music festivals and events to help partygoers stay safe while celebrating. At Sydney WorldPride, these services are the ACON Rovers and DanceWize NSW.

ACON Rovers and DanceWize NSW will be working alongside medical teams, security and venue staff to identify the early signs of a drug overdose among patrons and help prevent serious adverse incidents.

ACON Rovers and DanceWize NSW will be at key major events at Sydney WorldPride including the Mardi Gras Party, Domain Dance Party, Bondi Beach Party, Oxford Street Party and Rainbow Republic.

ACON Rovers wear pink flouro vests and carry orange light wands. DanceWize NSW volunteers wear purple t-shirts or vests and their logo includes an illustration of a blue wolf.

FURTHER INFO

For more information about alcohol and other drugs, harm reduction and the ACON Rovers, go to ACON's harm reduction website PivotPoint (www.pivotpoint.org.au).





Every ACON Rover is trained, supervised and equipped to help patrons enjoy themselves and party safely.

- If you see anyone 'sleeping' or having problems or experiencing any kinds of distress, let medical staff, security personnel or a Rover know immediately.
- Remember: Rovers and medical staff are non-judgemental and are here to help, not to judge
- Give Rovers or medical staff room to move.
- · Look out for your friends, stick together and stay safe.
- · Take regular breaks, cool off and stay hydrated.
- · When you see a Rover, smile and say hello.

ACON Rovers are here for safety. We're here for you.







MANAGING YOUR MENTAL HEALTH

Helpful tips to keeping strong and resilient during the festivities.

- The party season can be stressful.
 Reflect on what you need to keep your mental health in good shape.
- Be mindful. Pay attention to your own needs. It's okay to seek help and support from friends or professionals if you are feeling overwhelmed.
- Pace yourself. Say 'no' if things are too much. It will be a busy period so feel free to take time out.
- Too much alcohol and/or drugs can trigger symptoms of anxiety and depression. Consider cutting down or low alcohol alternatives.
- Be sure to make time for people and activities outside of parties and activities not associated with drinking and using drugs. Read, listen to music, visit a tourist attraction, take a stroll in the park or meet a friend.
- Get active. Go for a walk, a swim, a bike ride, a dance class or yoga session. Exercise releases endorphins and serotonins that improves mood and sleep and lessen symptoms of depression and anxiety.
- Check in on family, friends and loved ones. While the festivities prompt lots of joy, for others it can also bring feelings of stress and anxiety.

 Exercise after-care. After an event or the festival, check in with yourself and do the things you need to do to get your mental and physical health back into shape.

FOR SUPPORT

ACON provides confidential counselling and peer services for LGBTQ+ adults. Visit the ACON website for more information (www.acon.org.au/support-services).

If you need immediate support, call:

- QLife (free LGBTIQ peer support).
 3pm-midnight, 7 days. 1800 184 527
- Lifeline (24/7 crisis support and suicide prevention) 13 11 14
- BeyondBlue (24/7mental health counselling) 1300 224 636
- 13 YARN (24/7 support for Aboriginal and Torres Strait Islander people) 13 92 76

FURTHER INFO

Visit ACON's mental health resource, We're With You (www.aconhealth.org.au/withyou); and suicide prevention resource, HERE (www.here.org.au).

Check out our Trans Vitality Toolkit (www.transhub.org.au/vitality)

Visit NSW Health's mental health hub (health.nsw.gov.au/pride/Pages/mental-health.aspx)



HERE

ACON's LGBTQ+ suicide prevention digital hub

here.org.au



TRANS SUPPORT

Sydney is home to one of the largest trans and gender diverse communities in Australia, including Sistergirls and Brotherboys and trans mob, representing the longest living continuous trans cultures on the planet.

During WorldPride there are many events for trans people to enjoy and participate in – from the First Nations Gathering Space to the closing event. Trans and gender diverse people are welcome, affirmed and celebrated.

In 2020, ACON launched TransHub, and it changed everything. Trans people of all genders, allies and health providers use TransHub as a one-stop-shop for information and resources. Check out the website (www.transhub.org.au).

In NSW, being a trans person is a protected characteristic in the NSW Anti-Discrimination Act. You can find out more on TransHub's about rights and justice online (www.transhub.org.au/rights-justice).

Some doctors who prescribe gender affirming hormones will have extended operating hours over WorldPride. Please see the list of GPs at the end of this guide and check out the TransHub Gender Affirming Doctor List online (www.transhub.org.au/doctors).

To access hormones, you will need a prescription from a doctor. If you are already on hormones, bring a record of this with you. Most pharmacies stock estrogen and testosterone, equipment for hormone injecting is available at Needle and Syringe Programs.

If you don't have a Medicare Card, you may need to pay to see the doctor and buy hormones.

If you are stopped by police and they want to search you, NSW Police policy is that trans people must be treated with dignity and respect. You can choose the gender of the officer doing the search. You would need to disclose that you are trans.

If you think police officers have done something wrong, you can make a complaint either to the NSW Police Force or to the Law Enforcement Conduct Commission (LECC). Go to LECC website (www.lecc.nsw.gov.au/make-a-complaint-main-page/how-to-report/forms/make-a-complaint).

Pride can be stressful and scary, there are lots of people and lots happening. Pace yourself and go gently. Some great trans tips for mental health can be found on TransHub (www.transhub.org.au/mental-health)

You can connect with trans communities online too (www.transhub.org.au/clubs-and-community-groups).

FURTHER INFO

Visit TransHub, ACON's online resource for trans and gender diverse communities (www.transhub.org.au)









HTRANS







IS HERE

ACON's ground breaking digital platform for all trans and gender diverse people in NSW, their loved ones, allies and health providers.

WWW.TRANSHUB.ORG.AU



CONSENT IN NSW: KEEP CHECKING IN

Consent laws in NSW are based on the concept of affirmative consent, which means everyone involved in the sexual activity is knowingly and voluntarily engaging, and importantly that this has been communicated.

Simply put, if you want to have sex with others, then you must say or do something to find out that they want to have sex with you too.

Consent isn't just a one-off 'yes' or 'no'. Anyone can change their mind at any time about whether they want to have sex or engage in a certain sexual act. Someone might even change their mind during sex. Remember, you too can change your mind about what you want to do at any time.

Laws in NSW also state that a person does not consent to sexual activity if they are unconscious or asleep or are so affected by alcohol and/or drugs that they are incapable of consenting.

Remember: consent means making sure they are telling you 'yes', and that you keep checking-in.

FURTHER INFO

For more information on consent laws in NSW, visit ACON's digital resource on sexual, domestic and family violence, Say It Out Loud (sayitloud.org.au).

HOOK UP APP SAFETY



Stay vigilant and follow precautions when hooking up with a stranger for the first time.

Tell a friend you're going to meet a new hook-up and, if possible, share their address. You can also share your location directly with your friend from your phone.

Choose somewhere public as your first meeting spot.

Set boundaries. Having a sense of your boundaries and limits will help you navigate the encounter by highlighting things you may or may not be comfortable doing.

Have a back-up plan. Think about your transport or means of getting home.

If you feel uncomfortable, put an end to the meeting and leave. Don't be afraid to say "I'm not feeling this, I'm out."

Trust your instincts. If something seems off, then don't meet or if already there, then leave.

In an emergency, contact Triple Zero (000).

SUPPORT FOR SEXUAL ASSAULT

Sexual assault is a crime. It occurs when a person hasn't consented to sexual activity. The person who initiates the assault is responsible for sexual assault, not the victim.

There are various national services and support after sexual assault. These services can also support people who have experienced other forms of sexual violence such as sexual harrassment:

- Rainbow Sexual, Domestic and Family Violence Helpline: 1800 497 212. For anyone from the LGBTIQ+ community whose life has been impacted by sexual domestic and/or family violence. Available 24/7.
- 1800 RESPECT: 1800 737 732. Support for people impacted by sexual assault, domestic or family violence and abuse. Available 24/7.

In NSW, there are Sexual Assault Services (SAS) within several public hospital emergency departments. SAS provide acute crisis support to anybody who has been sexually assaulted in the last seven days. This service is free regardless of your visa or Medicare status. For SAS locations in metropolitan Sydney, turn to page 42.

REMEMBER

You do not need to report to police in order to access any of these support services.

In an emergency, you can contact Triple Zero (000). You can also report incidences of abuse and violence to NSW Police by calling the Police Assistance Line on 131 444.

If you do not want to report to a police officer, but you want the police to know you have experienced sexual assault, you can complete the online Sexual Assault Reporting Option (SARO). You can choose to stay anonymous if you utilise this option. Go to the NSW Police Community Portal (www.portal.police.nsw.gov.au).

FURTHER INFO

For more information, visit ACON's digital resource on sexual, domestic and family violence, Say It Out Loud (www.sayitloud.org.au).

For trans-specific information about support for sexual assault, visit TransHub (www.transhub.org.au/herenow).



SAY IT OUT LOUD

Do you need information or support for sexual assault or an abusive relationship?

Say It Out Loud is an online resource that provide information, support and guidance to sexual, family and intimate partner violence in the Australian LGBTO+ communitu.

sayitoutloud.org.au





KEEPING SAFE WHEN OUT & ABOUT

Anti-LGBTQ+ abuse and violence can happen anywhere. Here are tips to help uou keep safe during the festivities.

- Be aware of your surroundings. Being alert and trusting your instincts is a good defence against violence or abuse. Homophobic or transphobic signals like comments and stares can be followed bu an attack.
- Plan ahead on how to get to and from venues. Consider travelling with a friend or by taxi or rideshare.
- When going to or from an event in fetish wear, consider wearing a coat, jacket or other covering.
- If you are confronted with verbal abuse, try to remain calm and do not escalate the situation. It's safer to ignore verbal abuse as answering back can make things worse.
- Try to get away as fast as possible.
 Find a place where there are people.
 Notify staff/security if at a venue.
- Use a whistle or personal alarm or scream to attract people and to scare off attackers. Make as much noise as you can.
- Support others if they've been victims of violence. If you see someone being harassed or attacked, call the police on Triple Zero (000).

MAKE A REPORT

If you feel safe to do so, we encourage you to report all incidents of abuse and/or violence to NSW Police. Call the Police Assistance Line 131 444.

You can also report any incidents of abuse and/or violence to ACON, who can provide support, information and referrals. Call ACON on [02] 9206 2000.

ABOUT GLLO - NSW POLICE LGBTIO LIAISON OFFICERS

GLLOs (originally called Gay and Lesbian Liaison Officers) are specially trained police officers that can provide support to LGBTQ community members. Many police stations have a GLLO but these officers may not be available immediately. If you decide you want to report a crime to the police, don't wait, report it immediately and request follow up support from a GLLO. Look out for GLLOs during Sydney WorldPride – they'll be out and about at many events.



BEACH SAFETY

Essential tips to keep safe at the beach.

- Always swim between red and yellow flags on patrolled beaches. This indicates lifeguards are on duty.
- Look for signs at the entrance to the beach for local information.
- Never swim alone, at night or under the influence of alcohol or drugs.

If you need help, stay calm and attract attention. Raise an arm at a patrolled beach. Conserve your energy by floating on your back. This will ensure you have the energy to remain afloat until assistance arrives.

BEACH FLAGS



RIP CURRENTS

Rip currents (sometimes called a 'rip') are the number one hazard on Australian beaches. These are strong currents beginning around the shore that run away from the beach. Being caught in one may feel like you are in a flowing/moving river.

If you find yourself in a rip current, do not panic! Raise an arm and call out for help, you may be rescued. Float with the current, it may return you to a shallow sandbank. Swim parallel to the beach or towards the breaking waves until you escape the rip current.

OTHER HAZARDS

- · Be careful of waves and large surfs.
- Being stung by marine stingers such as bluebottles can cause distress and discomfort. Immerse the sting in hot water or, if unrelieved by heat, apply cold packs.
- The sun can get very strong. Make sure you check the UV rating, wear sunscreen and get plenty of shade and water throughout the day.

FURTHER INFORMATION

For more information, visit the Surf Life Saving NSW website (<u>www.</u> <u>surflifesaving.com.au/beach-safety</u>).

Flag images courtesy Surf Lifesaving Association



DIRECTORY

EMERGENCIES

In case of an emergency (police, fire, ambulance), dial Triple Zero (**000**) from any phone

NSW POLICE

Police Assistance Line **131 444**Non-urgent police assistance and all general enquiries

HOSPITALS

For urgent medical care and treatment, visit the emergency department at:

ST VINCENT'S HOSPITAL

(02) 8382 1111 390 Victoria Street, Darlinghurst

SYDNEY HOSPITAL

(02) 9382 7111 8 Macquarie Street, Sudneu

ROYAL PRINCE ALFRED HOSPITAL

(02) 9515 6111 50 Missenden Road, Camperdown

PRINCE OF WALES HOSPITAL

(02) 9382 2222 320 Barker Street Randwick

For more information on hospitals in NSW, including hospitals in other parts of NSW, visit NSW Health (www.emergencywait.health.nsw.gov.au).

GENERAL HEALTH INFOLINES

HEALTHDIRECT

24/7 free health information and advice 1800 022 222 www.healthdirect.gov.au

POISON INFORMATION LINE

24/7 hotline for help and information on poison and envenoming 13 11 26

www.poisonsinfo.nsw.gov.au

GENERAL PRACTICE (DOCTOR)

For non-urgent medical advice, contact a GP. The following inner Sydney practices have extended operating hours during Sydney WorldPride:

HOLDSWORTH HOUSE MEDICAL PRACTICE

02 9331 7228 Level 3, 26 College St, Darlinghurst www.holdsworthhouse.com.au

EAST SYDNEY DOCTORS

02 9332 2531 102 Burton St, Darlinghurst www.eastsydneydoctors.com.au

KEYHEALTH CBD SOUTH

02 8262 1099 G Floor, 281 Elizabeth St, Sydney www.keyhealth.com.au/pride

CITYDOC MEDICAL & DENTAL CENTRE

02 8399 5320 7–9 Gibbons St, Redfern www.citudoc.com.au

O'CONNELL ST CLINIC

02 9241 1577 Mezzanine Level, 12 O'Connell St, Sydney www.ocnlst.com.au

COVID-19 TESTING CLINICS

Listed below are COVID-19 testing clinics in inner Sydney. For operating hours, and other clinic locations, go to NSW Government COVID hub (nsw.gov.au/covid-19/testing-managing/clinics)

The Prevention Hub 349 Crown Street, Surry Hills

Sydney 4Cyte Pathology Walk-in Clinic

803–813 George Street, Sydney

Redfern 4Cyte Pathology Clinic 174 Redfern Street, Redfern

4Cyte Pathology Sydney 4/195 Macquarie Street, Sydney

Woollahra 4Cyte Pathology Walk-in Clinic

8 Oxford Street, Woollahra

Pyrmont Clinical Labs Walk-In Clinic Star City, Shop 9, 55 Harris St, Pyrmont

RPA Hospital Clinic Building 25, 50 Missenden Road, Camperdown

Bondi Junction 4Cyte Pathology Walk-in Clinic

50 Bronte Road, Bondi Junction

Bondi Junction GP Respiratory Clinic

47 Spring Street, Bondi Junction

HIV & SEXUAL HEALTH

ACON

NSW's leading community-based organisation specialising in HIV responses for sexuality and gender diverse people

(02) 9206 2000 1800 063 060 (Freecall) www.acon.org.au

ENDING HIV

Resource on HIV prevention, testing and treatment for gay, bisexual and men who have sex with men

www.endinghiv.org.au

a[TEST]

Fast, free and confidential rapid-HIV and STI testing for gay, bisexual and other men who have sex with men in Darlinghurst and Surry Hills

www.atest.org.au

NSW SEXUAL HEALTH INFOLINK

Information on HIV/STI prevention, PrEP, PEP, mpox, testing clinics and treatment support. 8am-8pm, Mon-Fri 1800 451 624

www.shil.nswgov.au

1800 PEP NOW

PEP hotline. Act fast! 1800 737 669

GET PEP

Info about PEP and locations www.getpep.info

SEXUAL HEALTH CLINICS: SYDNEY METRO AREA

a[TEST]

167 Oxford St, Darlinghurst 414 Elizabeth Street, Surry Hills www.atest.ora.au

Sydney Sexual Health Centre Sydney Hospital Nightingale Wing, Macquarie Street, Sydney, (02) 9382 7440 www.sshc.org.au

Kirketon Road Centre

Above Darlinghurst Fire Station, Victoria St (entrance), Darlinghurst, (02) 9360 2766 www.thekrc.org

www.thekrc.org

St Vincent's Hospital Level 4, Xavier Building 390 Victoria Street, Darlinghurst, (02) 8382 3707

The Albion Centre 150-154 Albion St, Surry Hills (02) 9332 9600 www.thealbioncentre.org.au

RPA Sexual Health Clinic 16 Marsden St, Camperdown (02) 9515 1200

Find your nearest sexual health clinic online at Ending HIV (endinghiv.org..au/test-often/where-to-get-tested) or NSW Health website (health.nsw.gov.au/sexualhealth/Pages/sexual-health-clinics.aspx)

PREVENTION HUBS

During Sydney WorldPride, Prevention Hubs have been set up in Sydney to provide residents and visitors access to mpox vaccinations as well as sexual health information, resources and treatment such as emergency PEP.

THE PREVENTION HUB

349 Crown St, Surry Hills Walk-in service. No appointments needed

Monday-Friday 11am-7pm (last appointment at 6pm) Saturday 9.30am-5.30pm (last appointment at 4.30pm)

ST VINCENT'S HOSPITAL WORLDPRIDE HUB

Sacred Heart Building 170 Darlinghurst Rd, Darlinghurst Walk-in service. No appointments needed

Open 7 days 10.30am-6.30pm

CAMPERDOWN

88 Mallett St, Camperdown 1800 955 566

NSW HEALTH MPOX ONLINE HUB

For further information on how to stay safe and prevent mpox infection, visit the NSW Health mpox information hub (www.health.nsw.gov.au/monkeypox).

HIV SUPPORT

HIV INFORMATION HOTLINE

Infoline for general questions about HIV/AIDS for anyone in NSW

(02) 9332 9700 1800 451 600

THE ALBION CENTRE

Health care facility in Surry Hills providing specialist care for people living with HIV

(02) 9332 9600

www.thealbioncentre.org.au

POSITIVE LIFE NSW

Providing information and support to people living with and affected by HIV in NSW

(02) 8357 8386 1800 245 677 (freecall) www.positivelife.org.au

BOBBY GOLDSMITH FOUNDATION

Community-based HIV organisation providing client services and support programs in NSW

(02) 9283 8666 www.bgf.org.au

COUNSELLING & MENTAL HEALTH SUPPORT

LIFELINE

24/7 crisis support helpline 13 11 14

OLIFE

Anonymous and free LGBTIQ peer support and referral for people want to talk about sexuality, identity, gender, bodies, feelings or relationships

3pm-midnight, 7 days a week

BEYONDBLUE

24/7 mainstream suicide and mental health service

1300 224 636

MENTAL HEALTH LINE

Professional help and advice and referrals to local mental health services

1800 011 511

SUICIDE CALL BACK SERVICE

24/7 crisis service for people at risk of suicide or concerned by someone at risk of or bereaved by suicide 1300 659 467

13 YARN

24/7 national counselling support service for Aboriginal and Torres Strait Islander people who are feeling overwhelmed or having difficulty coping.

13YARN (13 92 76)

ACON SUPPORT SERVICES

ACON offers a range of free and affordable counselling services for LGBTO+ adults in NSW

(02) 9206 2000

www.acon.org.au/support-services

HERE.ORG.AU

Online hub by ACON providing information and resources on suicide prevention

www.here.org.au

NSW HEALTH MENTAL HEALTH SUPPORT HUB

Online hub with information and directory for mental healh support

www.health.nsw.gov.au/pride/Pages/mental-health

ALCOHOL & OTHER DRUG SUPPORT

PIVOT POINT

Online resource for LGBTQ+ people who use substances

www.pivotpoint.org.au

ALCOHOL AND DRUG INFORMATION SERVICE (ADIS)

24/7 information and support on alcohol and other drug use (02) 9361 8000

NEEDLE & SYRINGE PROGRAMS (NSP)

Get sterile injecting equipment and health information from these outlets.

- ACON: (02) 9206 2000
 414 Elizabeth St, Surry Hills
- NSW Users and AIDS Association: (02) 8354 7300
 345 Crown St. Surru Hills
- Kirketon Road Centre (02) 9360 2766
 Above Darlinghurst Fire Station, enter via Victoria St, Darlinghurst
- Redfern Harm Reduction Program: (02) 9395 0400
 103-105 Redfern St, Redfern

- Canterbury Harm Reduction Program: (02) 9718 2636 63 Tudor St, Belmore
- The Gender Centre:

 (02) 9569 2366
 Ground Floor,
 41–43 Parramatta Rd Annandale
- RPAH Sexual Health:
 (02) 9515 1200
 16 Marsden St, Camperdown

NSP: AUTOMATIC DISPENSING MACHINES

- St Vincents Hospital: Burton St, Darlinghurst
- Sydney Hospital: Macquarie St, Sydney
- Redfern Health Centre: 103–105 Redfern St, Redfern
- Marrickville Health Centre: 155–157 Livingstone Road, Marrickville
- Croydon Health Centre:
 24 Liverpool Rd, Croydon
- Royal Prince Alfred Hospital:
 50 Missenden Rd, Camperdown
- Concord Hospital: Hospital Rd, Concord

For a listing of more NSP outlets, go to the NSW Health website (www.health.nsw.gov.au/hepatitis/Pages/nsp-outlets.aspx).

For more information on Naloxone, including outlets,
go to NSW Health's Your Room resource
[www.yourroom.health.nsw.gov.au/getting-help/Pages/Naloxone.aspx]

SUPPORT FOR SEXUAL ASSAULT & DFV

RAINBOW SEXUAL, DOMESTIC AND FAMILY VIOLENCE HELPLINE

24/7 phone support for the LGBTIQ+ people impacted by sexual domestic and/or family violence

1800 497 212

1800 RESPECT

24/7 support service for domestic, family and sexual violence counselling and information

1800 737 732

NSW DOMESTIC VIOLENCE LINE

24/7 service providing counselling and referrals for people experiencing domestic and family violence 1800 656 463

ACON SUPPORT SERVICES

ACON offers a free specialist service supporting LGBTQ+ people who have experienced sexual, domestic and/or family violence.

(02) 9206 2000

SEXUAL ASSAULT SERVICES

Acute crisis response to anybody who has been sexually assaulted within the last seven days. Located at the following public hospital emergency departments in metropolitan Sydney. Available 24/7 and free, regardless of your visa or Medicare status.

- Royal Prince Alfred Hospital, Missenden Rd Camperdown
- St George Hospital, Gray St, Kogarah
- Royal North Shore Hospital, Reserve Rd, St Leonards
- Liverpool Hospital, HSB, Level 3, Cnr Goulbourn and Campbell Sts, Liverpool
- Western Sydney Forensic Medical Unit, Blacktown Mt Druitt Hospital

SAY IT OUT LOUD

Online hub providing information and support for LGBTO+ people impacted by sexual, domestic and family violence and encouraging rainbow communities to have healthy relationships

www.sayitoutloud.org.au

MULTICULTURAL GROUPS & SUPPORT

PAINBOW CULTURES

A directory of LGBTQIA+ multicultural community groups and services in NSW.

www.rainbowcultures.org.au

ACON ASIAN GAY, BI+, QUEER MEN'S PROJECT

Network for gay, bi+ and queer men from all Asian cultural backgrounds.

asia@acon.org.au

ANTRA – AUSTRALIA AND NEW ZEALAND TONGZHI RAINBOW ALLIANCE

Community group for Mandarinand Cantonese-speaking LGBTQIA+ self-identifying people

www.antra.org.au

TRIKONE AUSTRALASIA

Community organisation providing social support for LGBTIQA+ people of South Asian origin.

www.trikone.org.au

SYDNEY QUEER MUSLIMS

Community-based organisation providing social support, education and resources to individuals and families in NSW.

sydneyqueermuslims.org.au

FLAGCOM (FILIPINO LESBIAN AND GAY COMMUNITY AND FRIENDS)

Community-based organisation representing LGBTI Filipinos and their friends

www.facebook.com/flagcomandfriends2010

SYDNEY OUEER IRISH

Social group for Irish people who identify as LGBTQIA+ and who live in, or are passing through Sydney

www.sudneugueerirish.com

SELAMAT DATANG INDONESIAN COMMUNITY

Community group established to show support for LGBTI community in Indonesia, and connecting LGBTI Indonesians and their friends in Australia

selamatdatangcommunity@gmail.com

SHEQU

Not-for-profit organisation for LGBTIQ+ women and non-binary people from culturally and linguistically diverse (CALD) backgrounds.

shequgroup@gmail.com

LEGAL INFORMATION & ADVICE

INNER CITY LEGAL CENTRE

Providing legal aid and advice for LGBTIQ people in NSW. Based in Potts Point

1800 244 481

www.iclc.org.au

HIV/AIDS LEGAL CENTRE

Specialist community legal centre providing comprehensive legal assistance to people with HIV or Hepatitis-related legal matters.

(02) 9492 6540 www.halc.org.au

DOWSON TURCO LAWYERS

Boutique LGBTQA+ law firm specialising in criminal law, family law, property law and litigation

(02) 8000 7300

www.dowsonturco.com.au

FAIR PLAY

Community-led initiative helping partygoers understand their legal rights and how to keep safe

www.fair-play.org.au

TRANS & GENDER DIVERSE SUPPORT

TRANSHUB

Online portal providing information and resources for the trans and gender diverse community

www.transhub.org.au

THE GENDER CENTRE

Services and support for the trans and gender diverse community including counselling, mental health and accommodation support

(02) 9519 7599

www.gendercentre.org.au

FAMILY SUPPORT

PFLAG SYDNEY (PARENTS AND FRIENDS OF LESBIAN AND GAYS)

Providing help, support and information to families and friends of all sexuality and gender-diverse people

www.pflagsydney.org.au

RAINBOW FAMILIES

Community organisation supporting LGBTQIA+ families and prospective parents in NSW.

www.rainbowfamilies.com.au

SUPPORT FOR OLDER LGBTQ PEOPLE

THE LOVE PROJECT

Providing information, support and social connection for older LGBTQ community members

www.loveproject.org.au

MAG (MATURE AGE GAYS)

Social club and peer support for older gay and bisexual men www.magsudney.org

YOUTH SUPPORT

TWENTY10 INCORPORATING GLCS

Providing a broad range of specialised services for young LGBTIQ+ people including housing, mental health, counselling and social support

(02) 8594 9555

www.twentu10.org.au





This WorldPride, whatever you do, do it safely and with love.

WITHLOVE.ORG.AU



In partnership with



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