

Women's health and wellbeing

Easy Read version



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How to use this fact sheet



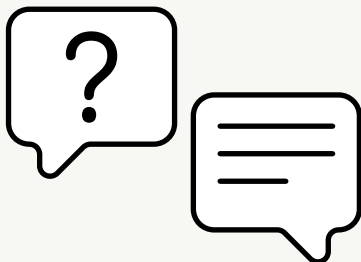
We are the Department of Health in Victoria.



We wrote this fact sheet as part of the Women's Health and Wellbeing Program.



We wrote some words in **bold**.



We explain what these words mean.

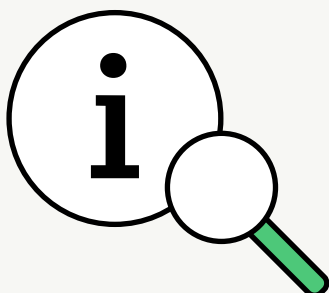


This is an Easy Read version of our women's health and wellbeing fact sheet.

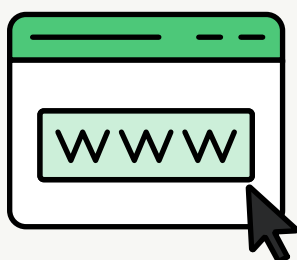
You can ask someone you trust to help you:



- read this fact sheet



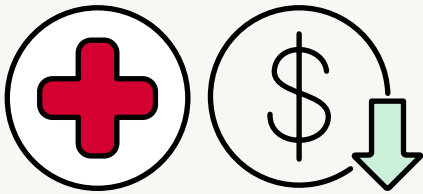
- find out more information.



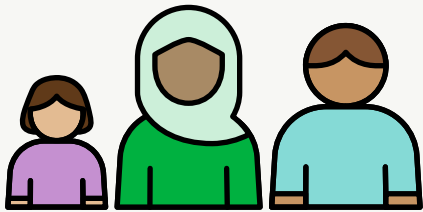
You can find the full version of this fact sheet on our website.

betterhealth.vic.gov.au/womens-health-and-wellbeing

About this fact sheet



This fact sheet is about health services for women that are free or do not cost a lot of money.



When we say women, we mean all:

- girls
- women
- **gender diverse** people.

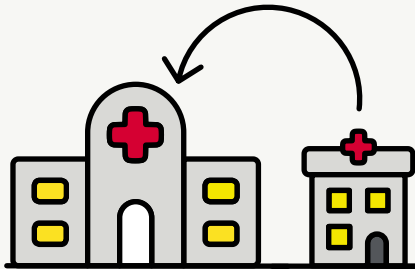
Gender diverse is a term that includes a range of different genders.



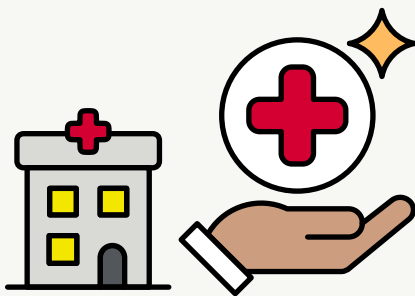
There are many terms gender diverse people use to describe themselves.

For example, genderfluid, genderqueer and non-binary.

Free women's healthcare



Women's health clinics are in some Victorian hospitals.



Women's health clinics provide **specialist treatment**.

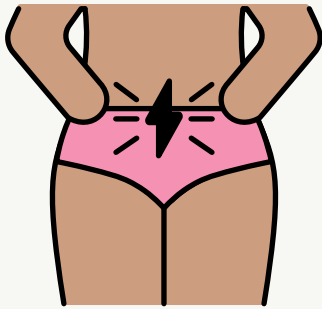


Specialist treatment is care or medicine given by a doctor who has extra training in women's health.

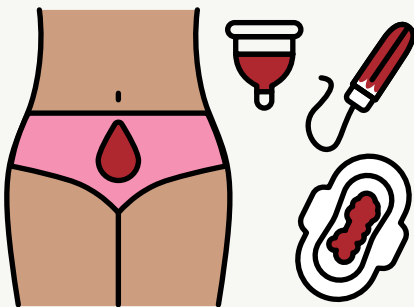


You usually need a referral from your doctor for an appointment at a women's health clinic.

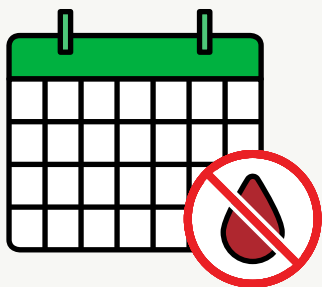
At women's health clinics, you can get expert care for health conditions such as:



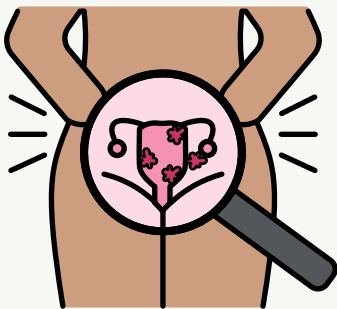
- pain in the lower tummy



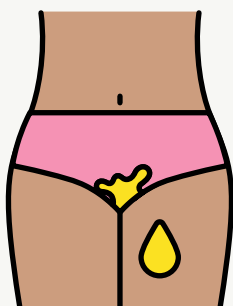
- when you have heavy bleeding during your period



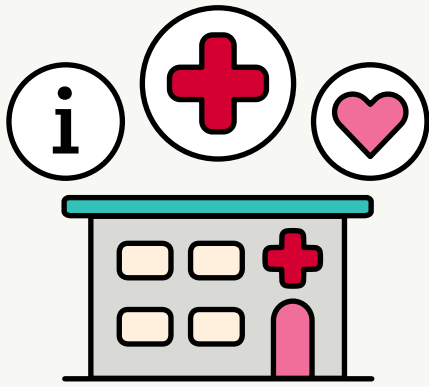
- when your periods stop



- when womb cells grow where they should not and cause a lot of pain

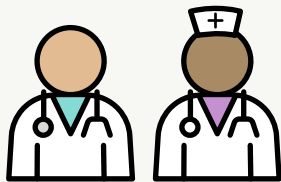


- accidental leaks of wee.



Women's sexual and reproductive health hubs are in community health services.

We just call them hubs.



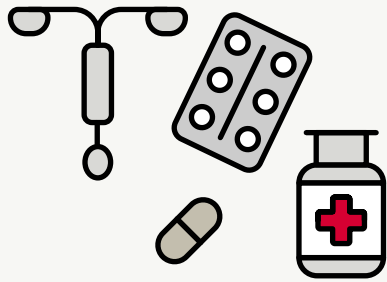
You can get care from a nurse or GP at these hubs.



You do not need a referral from a doctor to visit a hub.



There are 20 hubs in Victoria.

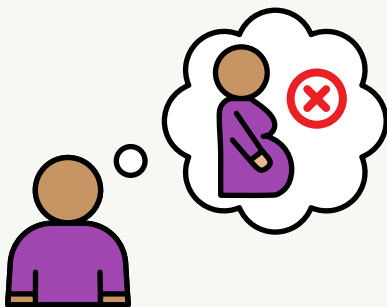


At the hubs you can get expert care,
including:

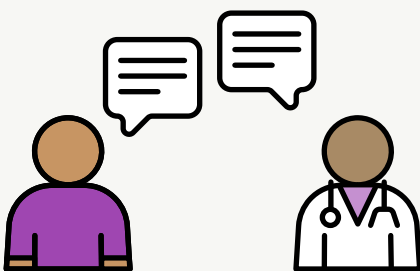
- medicine or devices to stop you from getting pregnant



- testing and treatment of illnesses you can catch from having sex or having skin to skin contact with an infected partner

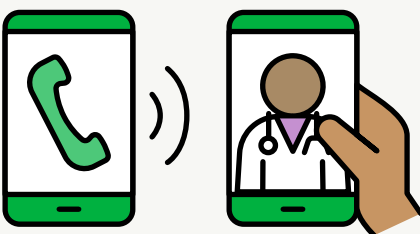


- support and treatment when you choose to end a pregnancy.

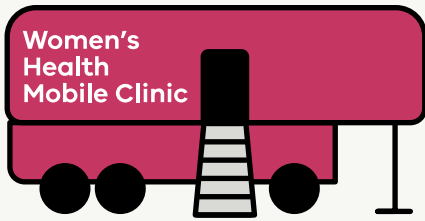


Experts can talk to you about your health:

- in person at a clinic or hub



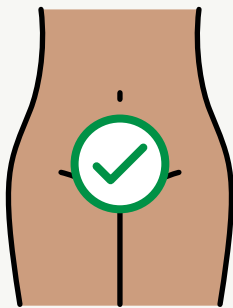
- on the phone or by video call so you do not need to travel.



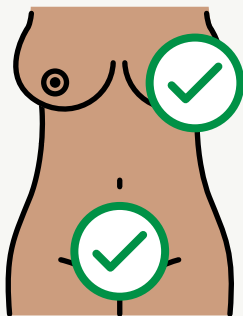
If you live in rural or regional Victoria, a travelling service does important health checks, such as:



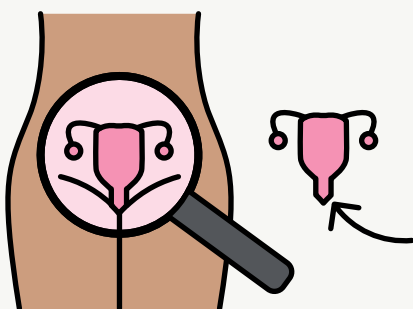
- testing and treatment for infections that pass between people during sex



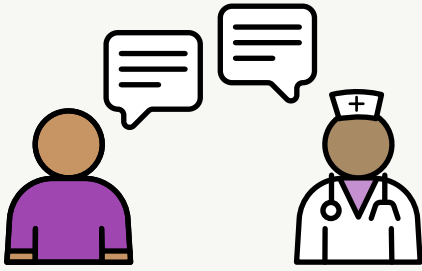
- making sure your cervix is healthy



- checking your cervix and breasts for early signs of cancer.



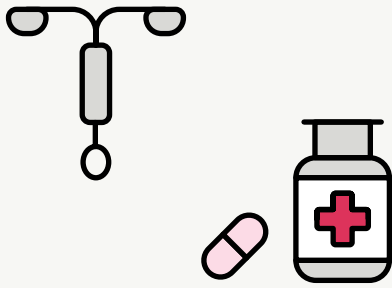
Cervix is the opening of the womb inside a woman's body.



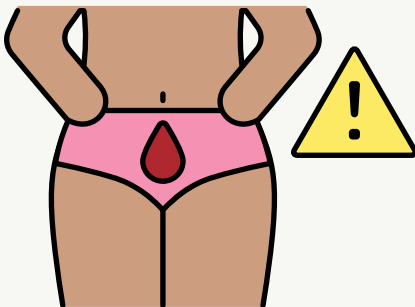
You can also ask the nurse about your health.



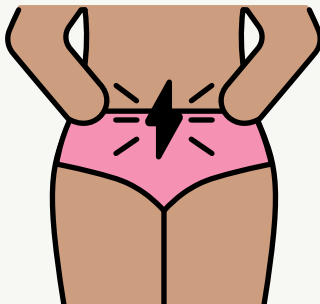
For example, you can ask about:



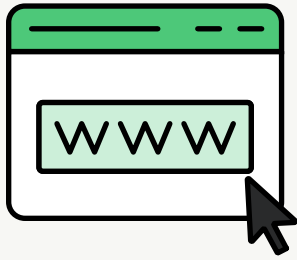
- medicines or devices to help stop pregnancy



- problems with your periods



- pain in your lower tummy.



To find the clinic or hub that is closest to you and see what services are available go to: womenshealth.vic.gov.au



Or scan the QR code with your phone.

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