

March 2018

Good Liver

#STIGMA

STOPS



#StigmaStops

Social stigma often discourages people from discussing their conditions and seeking support. The World Hepatitis Alliance launched #StigmaStops, a year-long campaign.

Regional Ararat Forum

At a forum held in Ararat experts in hepatitis B and C gave talks and prompted discussion about the challenges faced in regional Victoria.

Art Inside 2018

Art is one way to talk to inmates about hepatitis B and C by using their own artistic creativity as expression. 43 entries have been submitted for *Art Inside* this year.

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- 3 **Communiqué**
From the desk of the
Chief Executive Officer.
- 4 **De-livering the news**
News, reports and papers.
- 6 **Regional Ararat Forum**
Building confidence through knowledge.
- 8 **Leading health advocates attend forum**
Stigma and discrimination discussed at
Melbourne Town Hall.
- 10 **#StigmaStops**
Are you playing your part?
- 12 **Global Campaign launched.**
Global campaign launched on
International Zero Discrimination Day
- 13 **Hepatitis Victoria PODCAST**
Guest: Dr. Bruce Bolam.
- 14 **Healthy living tips**
In 2018, live stress free and live longer.
- 16 **Art Inside**
Educating prisoners about viral hepatitis
through self expression.
- 18 **New HEP Heroes**
Emily Li, Dr. Heang Tak, Kanwal Saleem.
- 20 **Plain talking**
"Not on track" to reach global elimination
target in 2030
- 21 **World Hepatitis Summit**
Hepatitis Victoria signs NOHep pledge
as global summit calls for action.
- 22 **Love Your Liver**
A heart-felt campaign.
- 23 **Services listing**

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Reader response

Your comments or experiences in regard
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Communique

From the desk of the Chief Executive Officer



This edition of *Good Liver* provides an opportunity for us to reflect on the importance of good communication.

Importantly we reflect on how it can go wrong – how our interactions can be stigmatising and the pain this can cause. And the need to put a full stop to stigma.

Hepatitis Victoria has been committed to combatting stigma and discrimination for many years. All of our awareness raising work and community education contributes to this.

It is also embedded in our [HEPReady workforce development training](#), which teaches people how to have respectful conversations.

This would not be possible without our [courageous public speakers](#) who share their experiences and promote insight and empathy. And we continue to have more [HEP Heroes](#) joining us in this fight.

The Victorian government strategies in relation to hepatitis B and hepatitis C explicitly commits the government to eliminating the stigma and discrimination associated with the disease by 2030. We welcome the support received from the government that is allowing us to do even more to tackle stigma.

In December last year we convened a “Stigma Forum” at the Melbourne Town Hall. The 80 attendees heard marvellous personal stories from our [HEPSpeakers](#) and guest presenters from government and health

sectors. As you can see in this edition, many rallied to the “#StigmaStops” cause.

Dr Bruce Bolam, the Government’s Chief Preventative Health Officer, recorded a podcast interview on the day demonstrating his passion about fighting stigma. Listen to podcast by clicking [here](#).

And this month sees us launch the start of our year-long #StigmaStops campaign. We join with the World Hepatitis Alliance global campaign to stop stigma, highlight its true impact, dispel myths and encourage people living with hepatitis to speak out.

You can read more about the campaign, which began on Zero Discrimination Day (1 March 2018) in this edition. Importantly you can also get involved – just visit our [stigma and discrimination page](#) to find out more.



We hope to hear more of your own stories about speaking out and stopping stigma. Listen for example to one of our HEP Heroes doing just that in a live podcast.

And then there is good communication. Creative and innovative. This is what we aspire to in our own communications from Hepatitis Victoria.

This edition of *Good Liver* takes the magazine in a new pathway which is the direct result of technological innovation and feedback from you. At the end of last year, we asked for your views and suggestions. The responses were good with readers happy with the content, the variety of stories

and the frequency of the magazine. But you said you would like more personal stories, research highlights and more digital content.

To assist us both provide more, and reach out to more audiences, this year *Good Liver* is going online and incorporating tools such as podcasts, videos and social media. These online editions will be published -as in previous years- up to four a year, in March, June, September and December. At the same time, readers will have the option of printing a PDF version of the magazine if they prefer to read in hard copy.

For those of you who don't have a printer, we will send a printed copy of the magazine. Just contact admin@hepvic.org.au with your details and address.

The March edition of *Good Liver* has some fantastic stories and updates revealing the wide range of activities and events undertaken in the past months.

Our regional forum in Ararat on 13 November was one of the highlights of the year. It was an event that drew praise from Ararat Rural City Mayor Glenda McLean who not only attended but also gave a supporting statement. The Forum shows just what we need to do in regional areas moving forward.

We also have a story about our advocacy and support for refugees and asylum seekers, a stance strongly supported by the Hepatitis Victoria Board. [You can view](#) a creative video we recorded with staff showing how we physically don't turn our backs on the marginalised who need our support.

Other stories I hope you enjoy are updates on the 2017 Art Inside project and the Love Your Liver campaign in north Melbourne, run with the support of the Primary Health Network.

Melanie Eagle
CEO

De-Livering the news



Don't turn your back #Bringthemhere

"We stand with those who are disproportionately affected by chronic health conditions such as hepatitis and believe refugees should have equal access to health services," said Hepatitis Victoria CEO Melanie Eagle.

"We will not turn our back on anyone likely to be suffering from chronic health conditions like hepatitis," she said.

In December, the Hepatitis Victoria Board said in a statement it is committed to providing inclusive services, and to ensuring the equitable access of all people to the health services they deserve.

"We welcome and value the ongoing cultural wealth and enriched social capital that refugees, asylum seekers and migrants bring to our community.

"Hepatitis Victoria calls on the Australian Government to work constructively with relevant other governments and non-government organisations to alleviate the plight of refugees and to respect their human rights."

Watch the video: www.hepvic.org.au/news/2178/dont-turn-your-backs-on-refugees



Little Hep B Heroes make the news with appeal

Lanne, Sophie and Tom made the Moreland Leader front page with a story about our festive season appeal. Readers were asked to become 'superheroes' and donate to help change minds and lives for the better. All donations would be used to finish a beautiful and moving children's book that will combat stigma and help families suffering from hepatitis B disease. Look out for more in the months ahead about the progress of the project.

<https://chuffed.org/project/littlehepbhero>

Liver Health Ambassadors in prison and beyond

Hepatitis Victoria, with the support of Justice Health and Corrections Victoria, held the first of four education sessions on liver health and hepatitis B for Aboriginal women in custody at the Dame Phyllis Frost Centre in late October. The sessions were funded as part of the Hepatitis B Community Education Grants program. Twenty women participated in the sessions with the goal that they will act as new Liver Ambassadors, passing on their learnings to their peers, and later on to their families and communities post release.



North Richmond supervised injecting facility approval couldn't have come too soon

When in late October the Victorian Government announced the approval of a trial for a supervised injecting facility in North Richmond, Hepatitis Victoria Acting CEO Garry Irving was delighted.

"This approval of this trial will save lives, it shows leadership from the Victorian Government and couldn't come too soon," Mr Irving said in a statement released to the media.

"This trial will help some of Melbourne's most vulnerable and introduce them to health and social services, including drug treatment and health screening for a range of health issues including hepatitis C for which there is now a cure.

"It will help some get their lives back on track," said Mr Irving.

The success of supervised injection facilities in reducing deaths, disease and improving a range of community-focussed outcomes is well established in Australia and overseas with an array of concrete evidence proving they can and do save lives.

There are now 90 supervised injection facilities operating worldwide in countries as far afield as Canada, Denmark, France, Germany, Luxembourg, Netherlands, Norway, Spain and Switzerland to name a few. Ireland and Scotland have plans to introduce similar initiatives in the near future.



Lunar celebrations reaching communities

On the Sundays of the 21st and 28th of January and 11th of February, the Hepatitis Victoria hepatitis B community education team joined the 2018 Lunar New Year/Tet Festival celebrations in Footscray, Richmond and Springvale hosting information stalls where a group of staff and volunteers engaged with local community members and provided them information and resources in multiple languages.

Hepatitis Victoria would like to thank the Australian Vietnamese Women's Association (AVWA) and the Springvale Asian Business Association (SABA) for providing the opportunity of presenting information stalls to engage with Chinese, Vietnamese and other Asian community members to promote liver health and provide important information about viral hepatitis B and C prevention, testing, management and treatment.

"As a group of field workers in health promotion and community education, it is vital we maintain engagement with priority community groups," said Melanie Eagle, CEO Hepatitis Victoria.

Regional Ararat Forum

Building confidence through knowledge



A forum held at the beautiful Pyrenees House in Ararat on 21st November provided Western Victoria's health and community workers training and knowledge in the latest treatments to tackle the serious public health challenge posed by viral hepatitis, a chronic disease impacting the lives of an estimated 100,000 Victorians. Their presentations are available [here](#).

Ararat Rural City Mayor Glenda McLean, who has experience in welfare and therapeutic roles, attended the morning session and said she "...applauded the initiative of Hepatitis Victoria," in arranging the forum - also a professional development opportunity - in the region.

"Hepatitis is a much misunderstood and feared disease, but the focus on management and treatment, including the hepatitis C cure is welcome news for our community and the broader Western District," she said.

Experts in hepatitis B and C gave talks and spoke about issues surrounding prison infection and people who inject drugs amongst other

topics. The lasting negative impacts of stigma and discrimination were also explored during the day, aided by two HEPSpeak presentations. Martin Forrest, Hepatitis Victoria's Health Promotion Programs Manager said he was delighted with the turnout for the event and the attentiveness of those who attended.

"I was very pleased the forum attracted a

diverse group of people; midwives, practice nurses and community workers and that it was a success. The excellent support of all the presenters must be acknowledged, without them would could not have pulled it off," he said.

The presenters were Associate Professor Ben Cowie, Dr Nicole Allard and Jenn



Sione Crawford presenting at the forum.



Dr. Nicole Allard presenting at the forum.

Maclachlan of the Doherty Institute, Gabrielle Bennett of St Vincent's Hospital and Elizabeth Birbilis of the Department of Health and Human Services and Sione Crawford of Hepatitis Victoria.

"We brought experts from Melbourne, but we also had local speakers; two nurses specialising in hepatitis C treatment Kirsty Simpson and Michelle Orr from Ballarat Community Health were fabulous and I am very grateful for their involvement," Martin said.

The support of people who know the region well is very helpful because you need local help to effectively combat hepatitis B and C.

lived experience of people who have the disease is a very powerful tool.

Kate, one of the two lived experience speakers at the forum, hails originally from the area.

"We talk about the data, then have our speakers talk about their lives – it's an incredibly brave and gracious thing for them to do this," Martin said.

Sione Crawford, Health Promotion Project Officer for Hepatitis Victoria spoke at the forum and said he found the atmosphere "...really quite lovely, the attendees were very engaged and that makes a difference."

*"You really need partnerships and buy-in from the whole community to make these events succeed." **Martin Forrest***

"You really need partnerships and buy-in from the whole community to make these events succeed."

Martin said that many people in regional Victoria know someone who has died from one of these diseases, "...people like the Mayor are important... if they can carry our message we can then reach the community and make people's live better."

Combatting stigma and discrimination is one of the most important aspects of events like these and relating the

"People were asking interested and good questions – a couple of people had even driven up from Melbourne to attend.

"The more we can engage with service providers across Victoria who are in touch with our community, the better for that community – and the better for hepatitis B and hepatitis C elimination," he said.

Hepatitis Victoria gratefully acknowledges the Department of Health and Human Services support for the event.

Forum: Ararat Mayor's strong support

Ararat City Council Mayor Glenda McLean applauded Hepatitis Victoria in arranging the forum in her town.

"Hepatitis is a misunderstood and feared disease, but the focus on management and treatment, including the hepatitis C cure is welcome news for our community and the broader Western District," she said.

The Mayor, who has a community health and welfare background attended the morning session and was impressed by the presentations she heard, particularly from Dr Ben Cowie.

"I was pleased to attend and sorry I had to depart early. In addition to the first session I was struck by the quality of Hepatitis Victoria material," she said.

The Mayor said a conversation about council engagement with Hepatitis Victoria, even in a modest way would be a "...good start for improving health outcomes in the municipality."



Leading health advocates attend forum

Stigma and discrimination discussed at Melbourne Town Hall.

Approximately 80 participants attended the Hepatitis Victoria Stigma and Discrimination Forum on December 7 at Melbourne Town Hall, where they heard presentations not only from leading health advocates, but also poignant stories from our HEPSpeakers, those with lived experience of viral hepatitis and the stigma that often accompanies it.

“Sharing a personal experience of hepatitis is not an easy thing to do, but it is important to let others understand what it means from a personal perspective,” said Hepatitis Victoria President Frank Carlus in his closing remarks.

Our first HEPSpeaker Pam told how the complaints process can have positive outcomes but said “...it’s a stressful journey”. She talked about the resilience and personal strength she has built over time challenging stigma and discrimination as a lived experience speaker. “My outrage and indignation about the discrimination I suffered motivated me to fight for my rights and finally get an apology, I went from feeling like a victim to having a voice,” she said.



Audience question and answer session after the panel discussion.

Kai explored experiences of stigma and discrimination from a Hep B perspective, illustrating the ups and downs and impact upon her relationships with family and friends. Kai pointed out that knowledge

was key in combatting stigma with both her friends and family. “I feel courage and strength from my family and friends who support me and know about my condition,” she said.

Lisa, our third and final HEPSpeaker, gave the audience a deep insight into her life, allowing for context and understanding around stigmatising and discriminatory behaviour and how it can create barriers for those who need help and services. In a talk that was poignant as well as entertaining, she made the point that compassion was the key because certain individuals with viral hepatitis could have, “...layers and layers of trauma, so be supportive and non-judgemental.”

The Forum clearly illuminated the reality of stigma and discrimination and how its pernicious and potentially fatal impacts can be tackled from a legal, government and health perspective.

The guest presenters at the Forum came from “...agencies with significant expertise and important roles to play,” said Mr Carlus.

Dr Bruce Bolam, Chief Preventative Health



Hepatitis Victoria CEO, Melanie Eagle speaking at the forum.

Officer, a newly created role in Victoria's Department of Health and Human Services, set the scene for why such an event is necessary. He stressed the importance of reducing stigma and discrimination in health provision to further reduce barriers to helping those with the disease.

In a Hepatitis Victoria podcast interview recorded at the Forum, Dr Bolam said that stigma must be combatted as it is a "... real barrier and completely unacceptable as it stops people opening up to the fact they have a condition that can be treated effectively."

Deborah Randa, a Solicitor and Community Legal Education Coordinator, outlined the capabilities of the disability discrimination legal service by illustrating the support available. She touched on hepatitis as a disability and the complexities that arise; how discrimination can cover both "treating people the same and treating them differently".

Justine Vasuitis from the Victorian Equal Opportunity and Human Rights



Steven and Andree.

Commission said, "...people living with hepatitis are less likely to come forward for fear of discrimination". Ms Vasuitis said her organisation was there to support people through the process of making a complaint and that it can help with mediation.

Karen Cussack, the Victorian Health Complaints Commissioner outlined the work the Commission does, and said they focus on health professional misconduct on a larger scale. "Poor communication" leading to misunderstanding is one of the most common complaints heard about health services she said.

Overall, the Forum was a timely and useful exploration into issues that impact the lives of many Victorian's living with viral hepatitis and of the avenues of formal redress available to people experiencing discrimination.

View the presentations, images from the day and listen to the podcast interview with Dr Bruce Bolam.



Dr. Bruce Bolam, Chief Preventative Health Officer, Department of Health and Human Services.




[Listen to Dr. Bolam here.](#)

#STOPSTIGMA

Are you playing your part?



 "The #STOPSTIGMA campaign was intended to highlight the issues faced when individuals living with viral hepatitis attempt to seek treatment," said Owen Vickery who managed the event.


 Attendees pictures with the #STOPSTIGMA signs enabled us to use these images to further generate more conversation around stigma outside of the Forum through the use of social media.



 "The campaign raised awareness, and will continue to raise awareness around the negative impact stigma can have when individuals are attempting to seek treatment," Owen said.





 It is well-known that individuals with viral hepatitis are often on the receiving end of stigmatised and discriminatory practices when attempting to access services. This reduces the likelihood of the individual returning to the service or seeking further treatment.



 "Only by openly discussing stigma can we move towards reducing and stopping stigma and discrimination," Owen said.

#StigmaStops

Global campaign launched on International Zero Discrimination Day



Jack Gunn

Chances are that at some time most of us have experienced stigma or discrimination in one form or another. It's the feeling we have when made to feel different, uncomfortable, or isolated simply for being ourselves.

"For many people living with viral hepatitis, stigma and discrimination is an ongoing reality that places tremendous difficulties on everyday life," says Jack Gunn, Stigma Response Coordinator at Hepatitis Victoria.

85%* of people living with viral hepatitis have experienced at least one instance of stigma and discrimination. More than 50% of respondents said they avoided engaging in certain activities (such as seeing a health professional) out of concern for being treated differently.

* Hepatitis Victoria recently surveyed one hundred and twenty-six people living with viral hepatitis

"Whether intentional or not, stigma and discrimination arises through a range of situations among family, friends, health professionals, the wider community or the self. Common examples include people not wanting to eat around a person with hepatitis, a health care worker refusing care, or unnecessary breaches of confidentiality," he says.

The social stigma attached to blood-borne viruses and drug use often discourages people from discussing their conditions and seeking support. Consequently, this can have major negative impacts on their health and wellbeing.

"Our vision is of a world free from the threat of viral hepatitis and to achieve this stigma is a crucial barrier that must be addressed," Jack says.

"The good news is that we all can play a role in breaking the stigma, and there is no better time than now to take action. On International Zero Discrimination Day (March 1st) the World Hepatitis Alliance launched #StigmaStops, a year-long campaign. The purpose of the campaign is to highlight the true impact of stigma, dispel myths, and encourage people living with the disease to speak out.

"As a member of the World Hepatitis Alliance, Hepatitis Victoria encourages you to participate by using the #StigmaStops hashtag and posting a picture of the palm or your hand or sharing a story about a time when you experienced discrimination.

"We will also be actively involved in the campaign by releasing a series of short videos throughout the year documenting real-world experiences of stigma and discrimination through social media," Jack adds.

There are many other practical ways you can contribute to breaking the stigma and moving forward. Firstly, educate yourself about viral hepatitis to bust any myths or concerns - there is an abundance of relevant information available on the Hepatitis Victoria website. Secondly, be conscious of using non-stigmatising language towards hepatitis and drug use.

Lastly, Hepatitis Victoria encourages 'calling out' instances of stigma and discrimination towards people living with hepatitis so the disease is no longer ignored and avoided.

"It's time to be a part of the solution and not the problem - it's time to stop stigma!"



Hepatitis Victoria PODCAST:

Guest: Dr. Bruce Bolam

Hepatitis
Alliance

STOPS

opportunities
hope employment
friendships future
speaking out
relationships self-worth
happiness family
access to healthcare confidence

STIGMA STOP YOU.

World Hepatitis Day • 1 March 2018 •

hepatitisalliance.org/stigmastops



"Elimination by 2030 is a huge task and there is an enormous amount of work that needs to be done..."

Dr Bruce Bolam is the Victorian Government's Chief Preventative Health Officer. He spoke at Hepatitis Victoria's Forum on Stigma and Discrimination held at Melbourne Town Hall.

In a short podcast interview, he talked about the negative barriers stigma creates around hepatitis, the health impacts as a result, and why it is important to confront stigma and discrimination in all its forms.

"The knowledge and the treatments have been transformed in recent times but unfortunately stigma is still a real barrier to getting acceptance in family and health service settings," he said.

"It's a barrier to people opening up to the fact they have the condition, it's a barrier to identifying it, and it's a barrier to getting effective treatments and it's a barrier to preventing it."

Dr Bolam said the other side of the story is the active discrimination affecting individuals.

"The Victorian Government recognises that stigma is one of the four key priorities that we have to challenge to get hepatitis under control if we are to move towards elimination by 2030.

"We have to tackle stigma because without that wider community and service-based context we are never going to achieve the goal of elimination... and education and a training are absolutely essential for the clinical and service communities," he said.

"Hepatitis Victoria does a fantastic job from a very small base, the scope of the ambition is vast – to change the landscape around liver health – uniting with other areas to create a platform for collaborative impact and change is a really powerful way to combine smaller efforts

"Together we are stronger," Dr Bolam said.



Listen to the full interview [here](#).

Healthy living tips

In 2018, live stress free and live well

The symptoms can affect your body, your thoughts and feelings as well as behaviour. Stress that's left unchecked can contribute to a number of health problems, such as high blood pressure, heart disease, obesity and diabetes. The ability to recognise common stress symptoms can give you a jump on managing them.

To learn more about overcoming stress go to: wayahead.com.au



1. One thing at a time.

It's easy to become overwhelmed when you've got a lot to do. Creating an ordered list of tasks you need to complete, breaking down large tasks into smaller components and focusing solely on what you are doing in the moment can help put things in perspective and minimise stress.



2. Be active everyday

This is a 3 for 1 – staying active is good for your body, mind and mood! Endorphins, which your body creates during activity, have been clinically proven to improve your mood. Start a new sport or look for ways to introduce more activity into your everyday life.

3. Get involved in a cause

What are you passionate about? Don't just stand there – get amongst it! Volunteering doesn't only help others, it helps us as well.



4. Play your favourite songs

Music can have a positive impact on our mood. Take some time to make a playlist on your mp3 player, sing out loud, and dance when you feel like it.



5. Focus on the present

How's the serenity? Even a couple of minutes a day focusing on the present can help to put things in perspective and reduce anxiety levels. Serene landscapes and accompanying music can help you find your centre.

6. Offer and accept help

Talking to someone can help sort through your feelings and provide perspective. Even just the act of airing your concerns can have an effect. It's important to know that you aren't expected to shoulder all of life's burdens on your own.



7. Take regular breaks

Go for a walk, read the next chapter of your book or have a 30 second dance party at your desk. Whatever you choose to do, taking a break is a great way to decrease your stress levels and increase your productivity.



8. Go out of your way to make someone's day

Kindness is an important way to let others know that they are cared for, but it's great for the giver as well. Giving someone a gift, cooking them dinner, or even just letting them know why you appreciate them goes a long way towards improving our wellbeing and promoting a positive relationship.

9. Eat healthy meals

Food glorious food! Eating healthy and not overdoing the sugar and caffeine can help you feel happy and well.



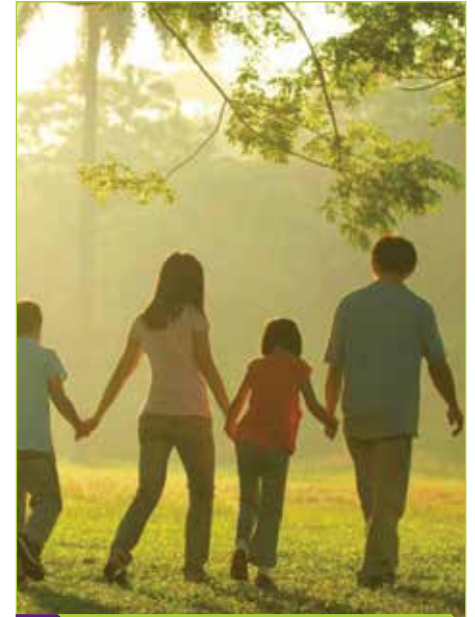
10. Celebrate when things go well

All too often we focus on what went wrong or how much there is still to do. But spending time celebrating the positives is powerful! Recognising the joy in both small and large achievements can make us feel better and be a positive reinforcement for affecting beneficial change in our lives.



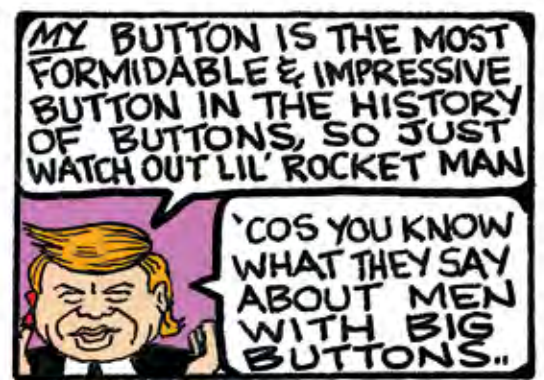
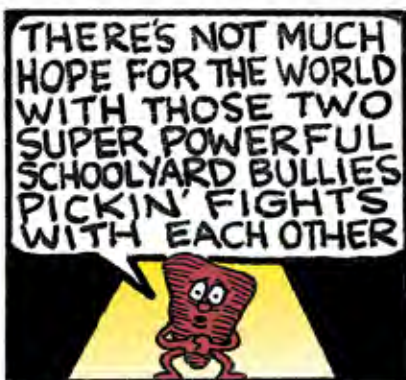
11. Learn more about the things that amaze you

Let your curiosity get the better of you! There are so many amazing things out there. Learning new things can be energising and help improve our feelings of confidence as well.



12. Do more of what's important

Our time is so precious! Check in, every once in a while, to make sure that the things you spend most time on are in line with your goals and values. If they are, time flies and we feel a greater sense of accomplishment.



Art Inside

Educating prisoners about viral hepatitis through self-expression.



Sione Crawford
and Steven Taylor

“People in prison are at least 20 times more likely to have hepatitis than the rest of the population and we think at least a quarter of the prison population has hepatitis C, but not everyone gets tested and the number with the virus is likely to be higher”

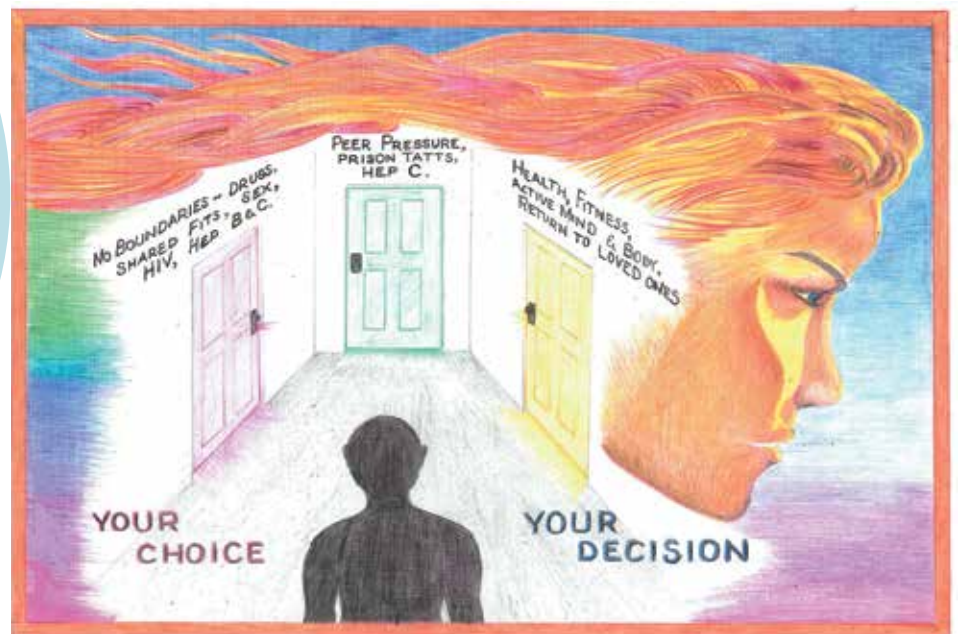
Health Promotion Officer Sione Crawford is managing the second year of *Art Inside*, a project run by Hepatitis Victoria in partnership with Justice Health, the part of Corrections Victoria responsible for health and well-being of prisoners. The goal is to create a resource illustrated with prisoner’s art work to help educate their fellows about viral hepatitis. Justice Health recognises the virus as an important health issue inside that must be tackled.

Sione talks about the results of the project in a Hepatitis Victoria podcast interview.

“Art Inside is a project based around the artistic impulses of prisoners with the idea of utilising those impulses to get them and others to think about viral hepatitis and its treatment,” he says.

Why Art Inside?

“Why do we choose art? Prison is a closed environment with a much higher rate



THE BIG PICTURE

of hepatitis B and C than in the general community, but those in prison don’t necessarily want to attend a session called ‘hepatitis prevention’ as it could expose them to unwanted attention from the authorities or other prisoners,” he says.

Art helps eliminate stigma

Hepatitis B and C are highly stigmatised - a very serious matter for people inside.

“Art is a way to talk about hepatitis B and C by using the artistic creativity of the prisoners. They don’t get many things of their own and this project is an opportunity for them to receive very simple things like sketch pads and pencils, which is huge”.

Art Inside the West began at Port Philip prison for men and Dame Phyllis Frost prison for women in 2016. Last year the programme was expanded to seven (mainly male) prisons in Victoria.

“People in prison are at least 20 times more likely to have hepatitis than the rest of the population and at least a quarter of the prison population has hepatitis C, but not everyone consents to the test, therefore the number with the virus is likely to be higher,” Sione says.

Art projects in prisons always very popular

One of the benefits of doing art is that it gives prisoners the chance to be proud of a tangible skill they have which is an important element for the person to see themselves as something other than ‘just a prisoner’.

“The program workers in prisons are really important – we couldn’t get anything done without their help, they are the first step... they know who has talent and they make sure they see the posters and know we are recruiting for the session.



“At the art session, we hand out materials and explain we are pulling together a resource about hepatitis for prisoners and that we are asking for their help in its creation,” Sione says.

A good friend of Hepatitis Victoria, HEP Hero and artist Steven Taylor, assists with the program.

“We go through the core hepatitis information which takes about 45 minutes and then we have 45 minutes to an hour doing the art work. Some finish their piece there and then while others complete it later. Steven provides assistance around art techniques such as facial proportions and perspective”.

The resulting art is, in some instances, quite stunning.

“There are some very talented artists among the prisoners who also have a clear understanding of the various aspects of viral hepatitis,” Sione says.

Could he describe the stand-out pieces among the entries?

“My favourite images are those that are simple but have managed to express an emotion about viral hepatitis. I am thinking



about a drawing that shows a person walking away from his cell, with shadows of the cell bars emerging as the shadows of the city, in the shape of a syringe and the outline of the letter 'c'.

“The image encapsulates the idea that while the person is happy to leave prison there is also fear about returning to the city because there is risk,” Sione says.

“Another striking image shows a woman physically breaking free from the hepatitis C virus and looking forward to a brighter future.”

“The other thing art allows is the revelation of difficult-to-express feelings such as isolation, stigma, discrimination and uncertainty, angst, joy and happiness. The fact a number of the entries express these emotions –in addition to be technically proficient and accurate about hepatitis- is very pleasing”, he says.

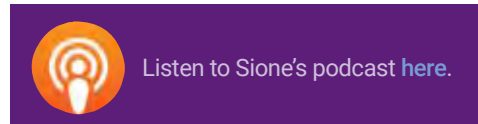
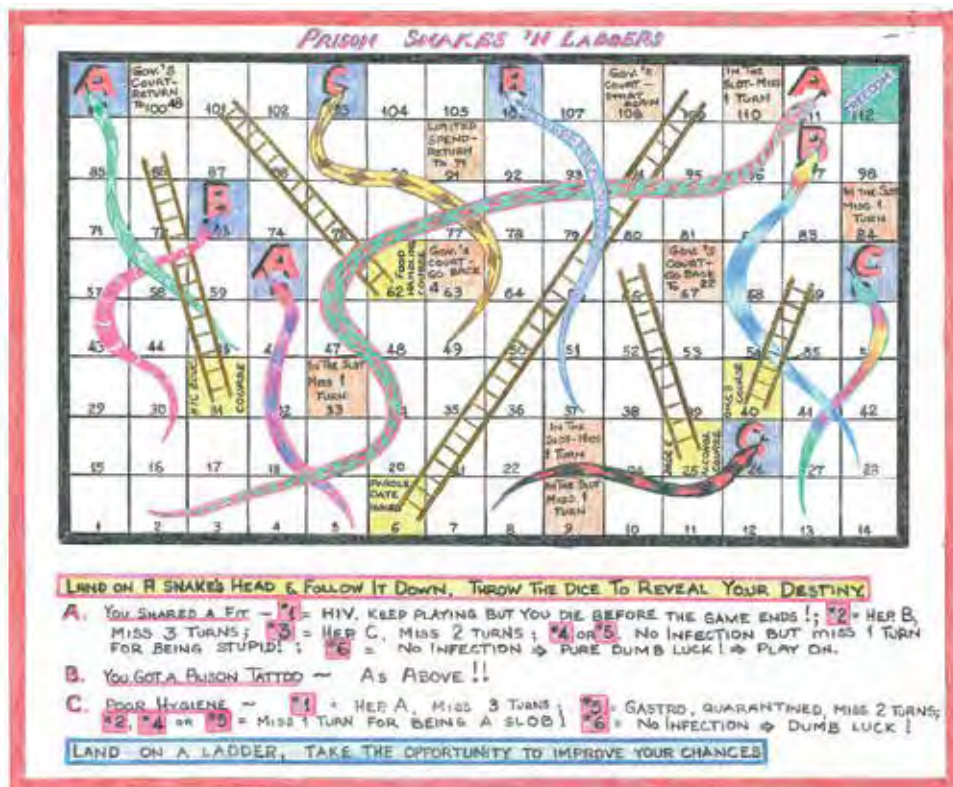
Submissions

43 entries have been submitted for the project and although it is not a competition per se the best examples will be used in the resource to be produced. Steven Taylor, Hepatitis Victoria and Justice Health will make a call on the best pieces and everyone who entered will get a thank you note and a certificate.

“In the past, we have created playing cards and a calendar from the art works and we will use as many of the entries as possible in the creation of a pocket book,” Sione says.

Hepatitis Victoria gratefully acknowledges Justice Health and Corrections Victoria. Their funding support and access to prisons made this project possible. In addition, we would like to thank all the Programs and Health Promotion staff, Recreational Officers and Correctional Officers who facilitated our work with the prisoners. We would most especially like to thank all of the prisoners who attended sessions and provided us with their wonderful art.

View a gallery of this year's Art Inside images and listen to the podcast interview.



Our newest HEP Heroes



Emily Li

Emily is a student studying for a Master of Public Health.

"I'm passionate and believe in contributing to and acting in collaboration with World Health Organisation's sustainable development goals and to achieve this the eradication of infectious disease is fundamental," she says.

In mainland China where Emily hails from, the high prevalence of chronic hepatitis B is impacting on everyone in the community regardless of their age groups, gender or socioeconomic status.

"What's more shocking is that a very large proportion of those with viral hepatitis are not aware of their viral status until their condition progress to a very late stage.

"Knowing that this is a completely preventable disease, makes the urgency for action more critical than ever," Emily says.

"On the other side, there are people who have been fighting with this disease in their lifetime with great courage. Let's embrace the call for de-stigmatization for people living with viral hepatitis".

Emily's message to others:

I appreciate this opportunity of being a HEP Hero and I'm proud to speak out for those who are struggling with hepatitis, and being part of the Hepatitis Victoria team to contribute in improving the health for all of us.



Heang is a Councillor with City of Greater Dandenong (former Mayor)

Heang has lived in Greater Dandenong for almost 20 years and is a local lawyer and former SBS radio broadcaster.

"Over the years, as an active community member and Councillor, I have had the opportunity to listen to and connect with people from all walks of life who call our city home, to listen to their needs and to support them through their challenges," he says.

"The council where I work is one of the most culturally diverse in Victoria. Unfortunately, it has one of the highest notification rates of viral hepatitis B. Therefore, my community is at higher risk compared to the average Victorians and as a councillor who is elected by my electorate, I need to take this issue serious and assist them. We need to make more efforts in order to help the community particularly those who are at higher risk including people with culturally and linguistically diverse backgrounds.

"Around 50% of people who live with viral hepatitis B, do not know of this issue, therefore, raising awareness one of the key actions. Viral hepatitis is a preventable disease and by a series of actions, we can prevent it.

"Those who are living with the disease can be treated. We've been helping to increase



Getting a blood test.



Heang Tak

Kanwal Saleem

people’s knowledge and encouraging them to visit their GPs for testing, vaccination and treatment to address viral hepatitis through collaborating with Hepatitis Victoria in order to raise awareness among communities, particularly Culturally and Linguistically Diverse (CALD) people,” Heang says.

In July 2016 and 2017, the City of Greater Dandenong celebrated World Hepatitis Day as an important day and engaged with the community, making it aware of hepatitis with information on how to protect family and friends.

“We provided a range of resources in many languages.” Heang says.

“In some cultures, stigma is a big barrier for people to talk about the disease and share their lessons. Raising awareness about the disease and sharing lived stories can be ways to break down the stigma. We need to take measures and work with relevant stakeholders in order to minimize the risk of viral hepatitis among our community”.

Heang’s message to others

I believe, organising such events will have positive impacts to families’ (e.g. those with culturally and linguistically diverse backgrounds) health and wellbeing.

Kanwal is a HEP Hero because she wants to contribute to the elimination of the global epidemic of viral hepatitis by educating and empowering people, “... because everyone deserves to live a longer and healthier life, free from stigma and discrimination,” she says.

“I’m a medical doctor from Pakistan and currently pursuing my Master of Public Health, and am active in my community promoting health literacy to the Victorian public.

“As a Doctor, I have worked with health care facilities that focus on education, support and awareness for individuals with hepatitis, their families, their communities, and society.

“During my internship as a medical doctor, my first rotation was in the gastroenterology unit of a tertiary care hospital in Pakistan which gave me the opportunity to work face-to-face with HBV and HCV positive patients and understand the burden of hepatitis among the Pakistani community,” Kanwal says.

While as a volunteer with Hepatitis Victoria Kanwal has been researching into the prevalence of viral hepatitis among the Pakistani community in Victoria. She has also been using her skills by delivering education sessions to the wider community.

“I believe that we can significantly reduce the burden of viral hepatitis by educating our community, encouraging early testing and providing supportive environments by those affected individuals by reducing stigma and discrimination of the disease,” she says.

Kanwal’s message to others:

Each one of us, in our own capacity, can bring a change and make our communities healthier and free from stigma and discrimination.

As Gandhi said, “You must be the change you wish to see in the world.”



Plain Talking

“Not on track” to reach global elimination target in 2030

Hepatitis Victoria CEO Melanie Eagle attended the World Hepatitis Summit in October 2017 in Brazil and came back with unsettling news.

In a Hepatitis Victoria podcast interview, Melanie says that despite clear progress in countries like Egypt, China and Brazil, the world is clearly ‘not on track’ to reach the goal of eliminating viral hepatitis by 2030.

An estimated 1.34 million people died of hepatitis related diseases in 2016, a mournful total that is 340,000 more than the number of deaths from HIV and 640,000 more than malaria. The mortality rate for viral hepatitis related diseases has increased 22% since 2000.

Even more disturbingly worldwide only 20% of persons living with hepatitis C know of their condition and an estimated 57 million people are undiagnosed. The World Health Organisation goal is to have 90% tested and diagnosed by 2030.

Research recently published in the journal PLOS Pathogens revealed that more than 350 million people have chronic hepatitis B virus infections while approximately one-third of the global population has been infected at some point in their lives.


‘Unfortunately, across the world we are not on track to eliminate viral hepatitis by 2030,’ Melanie says.

‘There are still massive challenges often reflected by health system dysfunction and lack of resources...and even in Australia where we have had success with new Direct Acting Anti-viral drugs there is the slowing down of people commencing treatment for hep C, so there’s much more to be done,’ she says.

‘There’s no reason to be confident, and we have to think of new ways and proactive ways to progress the agenda of elimination.’



Listen to the podcast here.




KNOW HEPATITIS ACT NOW

DEMAND TREATMENT!

OVER 90%

of people with Hep C can be completely cured of the virus within 3–6 months

Treatment of Hep B & C can prevent life-threatening cirrhosis & liver cancer




KNOW HEPATITIS GET TESTED DEMAND TREATMENT

ARE YOU AT RISK ?

Everyone could be at risk of hepatitis - risks include:

- Unsafe injections & medical procedures
- Unsafe sex
- Mother to child transmission
- Injecting drug use



KNOW HEPATITIS GET TESTED DEMAND TREATMENT

World Hepatitis Summit

Hepatitis Victoria signs NOHep pledge as global summit calls for action

At the World Hepatitis Summit held in Sao Paulo in November, Hepatitis Victoria CEO Melanie Eagle and Community Education Officer Lien Tran, were among the 900 delegates from 110 countries, who signed the NOHep pledge, a statement of intent to totally eliminate viral hepatitis. The Victorian Government has a goal, in its hepatitis B and hepatitis C strategies, to do this by 2030.

The urgency and need for effective government policies to combat the worldwide hepatitis pandemic was underscored by a summit wrap-up article in *The Lancet* which summarised the enormous scale of the health challenge humanity faces with the hepatitis and liver disease pandemic.

“Viral hepatitis caused an estimated 1.4 million deaths in 2015 -similar to tuberculosis and more than either HIV or malaria, yet historically these diseases have received insufficient attention from donors and policy makers,” the *Lancet* writes.

The full text of *The Lancet* article can be found [here](#).

Practices associated with increased risks of contracting HBV and HCV have contributed to stigma and discrimination against patients, especially prisoners and people who inject drugs. Prevention of both diseases involves reducing the risks of exposure to the viruses, and, for hepatitis B, vaccination.

The *Lancet* article goes on to say that despite a commitment from the World Health Assembly in May 2016 to eliminate viral hepatitis as a major public health threat by 2030, with a reduction of 90% of new cases of hepatitis B and C and reduced mortality of

65% for hepatitis B and C, only nine countries (including Australia) are set to meet that target.

Data from the World Health Organisation released at the summit, showed the number of people newly treated for hepatitis C increased from 1.1 million in 2015 to 1.76 million in 2016. For hepatitis B, 2.8 million people began treatment in 2016, up from 1.7 million in 2015.

“Children represent a particular challenge,” writes *The Lancet*. The Polaris Observatory estimates that 52 million children were

living with viral hepatitis in 2016—4 million with HCV and 48 million with HBV. Whereas new HBV infections are declining in children owing to vaccine use, new HCV infections are on the rise. Mother-to-child transmission was the main source of paediatric HCV infection, pointing to the need for comprehensive prevention programmes for women of childbearing age. Worryingly, treatment options are limited, with DAAs not recommended for pregnant women or children younger than 12 years.

“What is needed now more than anything else is the political will to scale up prevention, diagnosis, and treatment programmes,” *The Lancet* concludes -sentiments fully supported by Melanie Eagle and Hepatitis Victoria.

At the end of the Summit Melanie spent time working in a remote area of the Amazon jungle with local communities to raise awareness about the disease. Brazil is one of the nine countries set to eliminate by 2030 and has been very proactive in

challenging the disease.

Speaking to a local Brazilian media outlet Melanie said the country is “...on the right path” to eradicating hepatitis:

“Brazil follows the World Health Organisation guidelines and this is a positive thing for all types of hepatitis to be combated. The challenge is to give remote communities in the Amazon access to this treatment, so we must continue with the role of building awareness, being catalysts, and transformation agents towards eradication,” she says.



Melanie Eagle and Lien Tran signing declaration.

Love Your Liver

A heartfelt campaign



At the end of 2017 Hepatitis Victoria launched a public awareness campaign 'Love Your Liver, live a happy life' featuring a cute and friendly-looking mascot to alert people to get tested and take control of hepatitis B and hepatitis C.

"It's a heartfelt campaign urging people to love their liver, and to test and treat viral hepatitis," Melanie Eagle, CEO of Hepatitis Victoria said.

"The stigma around the disease is still a significant barrier to testing and treatment. Viral hepatitis can lead to chronic liver disease and can be deadly if left untreated. Sadly, up to 6 Victorians die every week of hepatitis related liver disease, a greater number than the state road toll.

"It's never too late to love your liver, we are urging people to consider getting tested and vaccinated where appropriate..."

"We have got to drive the demand for testing and save lives."

Melanie Eagle

"Our aim is to help the community understand that hepatitis isn't something to fear, that they can feel confident about taking action because hepatitis B and hepatitis C are both preventable. Even for those who have it, hepatitis B can be managed and hepatitis C can be cured," Melanie said.

This public awareness campaign, which lasted over Christmas and into the New Year, targeted communities in north and west Melbourne and appearing on the back of buses, on supermarket billboards and in social media. North Western Melbourne Primary Health Network (NWMPHN) strongly supported the campaign.

'Love Your Liver' movie tickets winner

When our 'Love Your Liver' awareness campaign was in full swing at 17 shopping centre's in north west Melbourne we held a competition to further raise awareness of the campaign on social media. We asked for you to send images of the campaign in situ with the #LuvYourLiver.

The winner of two movie tickets is **Millie McPhee**.

CONGRATULATIONS and well spotted!



Services listing

NWMPHN CEO Associate Professor Chris Carter said there was a particularly urgent need for people in the area to be tested and treated.

“The hepatitis B rate in the north and west of Melbourne is two thirds higher and the hepatitis C rate 25% higher than the state average,” said A/Prof Carter.

“We know many people are unaware of their status because they have not been tested and this must change if we are going to succeed in conquering viral hepatitis B and C by 2030.”

In 2016 the Victorian Government announced strategies for eliminating viral hepatitis B and C as a public health concern by 2030.

A/Prof Carter said it is his goal, and that of his organisation, “...to help people living with hepatitis get the care they need, when and where they need it.”

The *Love Your Liver* campaign was supported by a proactive traditional and social media campaign which led to stories in the local newspapers, and a live five-minute interview with Melanie Eagle on the Red Symons ABC breakfast show.

“It’s never too late to love your liver, we are urging people to consider getting tested and into care as appropriate...” she said.

“We have got to drive the demand for testing and save lives.”

Hepatitis Victoria targeted media that talk to linguistic groups of Australians with higher prevalence of viral hepatitis. Media releases were distributed in Vietnamese, Chinese (Cantonese and Mandarin) and Dari languages. Radio interviews were also conducted in Chinese.

Some locations offer multiple services. Service types are shown as numbers, which refer to the following:

Key:

1. Needle and Syringe Program
2. Medical Services including hepatitis and liver Nurses and Doctors
3. Counselling Services
4. Alcohol and Other Drug (AOD) Services
5. Liver Specialists
6. Fibroscan
7. Bulk-Billing
8. Pathology / Blood Tests
9. Private Clinic
10. Specialist/GP/Fibroscan

North Western Melbourne

Altona Meadows IPC Health

330 Queens Street, Altona Meadows
Contact: (03) 8368 3000
(1)

Broadmeadows

Dianella Community Health 42-48 Coleraine Street, Broadmeadows
Contact: (01300 234 263)
(1)

Braybrook

Cohealth, Braybrook Community Centre
107-139 Churchill Avenue, Braybrook
Contact: (03) 9448 5507
(1)

Brunswick

Merri Health
11 Glenlyon Road, Brunswick
Contact: 03 9387 6711
(1, 3, 7)

Carlton

Melbourne Sexual Health Centre
580 Swanston Street, Carlton
Contact: (03) 9341 6200
(1)

Coburg

Merri Community Health Services
93 Bell Street, Coburg
Contact: (03) 9350 4000
(1, 2, 3)

Coburg

Uniting Care Re Gen
26 Jessie Street, Coburg
Contact: (03) 9386 2876
(2, 3)

Coburg

St. Kyrollos Family Clinic
2A Moore Street, Coburg
Contact: (03) 9386 0900
(2)

Collingwood

Cohealth Innerspace Primary Support Service
4 Johnston Street, Collingwood
Contact: (03) 9448 5530
(1, 2)

Cohealth (formerly North Yarra Community Health)

365 Hoddle Street, Collingwood
Contact: (03) 9411 4333
365 Hoddle Street, Collingwood
Contact: 03 9448 5528
(2)

Craigieburn

Anglicare Victoria
59 Craigieburn Road, Craigieburn
Contact: (03) 9483 2401
(3)

Fitzroy

Turning Point Alcohol and Drug Centre
54-62 Gertrude Street, Fitzroy
Contact: (03) 8413 8413
(3,4)

Cohealth Fitzroy

75 Brunswick Street, Fitzroy
Contact: (03) 9411 3555,
(03) 9448 5531
(1, 2)

Footscray

Health Works
4-12 Buckley Street, Footscray
Contact: (03) 9448 5511
(1, 2, 6, 7)

Footscray Cohealth

78 Paisley Street, Footscray
Contact: (03) 9448 5502
(2-7, 8)

Glenroy

Youth Projects – Foot Patrol Needle and Syringe Program

6 Hartington Street, Glenroy
Contact: (03) 9304 9100
(1)

Gisborne

Macedon Ranges Health

5 Neal Street, Gisborne
Contact: (03) 5428 0300
(1)

Kensington Cohealth

12 Gower Street, Kensington
Contact: (03) 8378 1600.
(2)

Laverton Cohealth

95 Station Road Laverton
Contact: (03) 9448 5534.
(2)

Melbourne

Cancer Council Victoria – Living with Cancer Education Program

Contact: (03)13 11 20
*Programs across Melbourne
and Victoria*

Drug Info

Level 12,
607 Bourke Street
Drug Info Line Contact:
1300 85 85 84
<https://adf.org.au/contact-us/>

Direct Line

1800 888 236
<http://www.directline.org.au>
24/7 - Confidential help line
for people in Victoria
*Referral, Support, Drug and Alcohol
Counselling and programs*

Melbourne City Council

90–120 Swanston Street
Contact: (03) 9658 9658
(1)

Living Room, Youth Projects

7–9 Hosier Lane
Contact: (03) 9945 2100
(1, 2)

Health Complaints Commissioner

Level 26,
570 Bourke Street
Contact: 1300 582 113

St. Vincent's Hospital

Victoria Parade, Fitzroy
Contact: (03) 9231 2211
Fax: (03) 9288 3489
(2, 5, 6, 8)

Victorian AIDS Council

615 St Kilda Road
Contact: (03) 9865 6700

Victorian Aboriginal Health Service (VAHS)

186 Nicholson St, Fitzroy VIC 3065
Contact: (03) 9419 3000
*AOD, family and youth specific
Connects with services at other
sites, including Preston*
(2, 3, 4, 10)

Melton

Djerriwarrh Health Services

Yuille Street, Melton
Contact: (03) 8746 1100
(1, 3, 7)

Moonee Ponds

Dr Froomes
Suite 4, level 1/8 Eddy Street
Contact: (03) 9331 3122
Fax: (03) 9331 3133
(9, 5)

Moonee Valley Specialist Centre

1003 Mt Alexander Road, Essendon
Contact: 03 9372 0372.
Fax: (03) 9372 7517
(9, 5, 6)

North Melbourne Harm Reduction Victoria (HRV) and Pharmacotherapy Advocacy Mediation and Support (PAMS)

A Walk in service.
128 Peel Street, North Melbourne
Contact: (03) 9329 1500
(1)

Preston Anglicare Victoria

42 Mary Street
Contact: (03) 8470 9999
(4)

Northcote

Your Community Health

42 Separation Street, Northcote
Contact: (03) 8470 1111
(1, 3)

Parkville

Royal Melbourne Hospital

300 Grattan Street
Liver Clinic – hepatitis, advanced
liver disease and cirrhosis
Contact: (03) 9342 7000
switchboard
Fax: (03) 9342 4234
(outpatients referrals fax)
Infection Diseases Department,
OPD Ninth floor,
Contact: (03) 9342 7212
Fax: (03) 9342 7277
10 - Weekly

Preston

Your Community Health

300 Bell Street, Preston
Contact: (03) 8470 1111,
(03) 8470 6710
(1, 3)

Victorian Aboriginal Health Services (VAHS)

238–250 Plenty Road
Contact: 9403 3300
for appointment or drop in
Wednesdays 9–4pm
(3, 10)

Reservoir East

Your Community Health

125 Blake Street, Reservoir East
Contact: (03) 8470 1111
(1, 3)

Richmond

North Richmond Community Health

23 Lennox Street, Richmond
Contact: (03) 9418 9800
(1, 2, 7)
*Has an Automated Dispensing
Machine for syringes 24/7*

Multicultural Health & Support Services *(HIV, hepatitis C and sexually transmissible infections)*

<http://nrch.com.au/>
*Has an Automated Dispensing
Machine for syringes 24/7*
(1, 2, 7)

The Epworth Centre

(GP referrals)
Suite 7.6 / 32 Erin Street
Contact: (03) 9428 9908
Fax: (03) 9421 3435
(9, 5)

Southbank

Living Positive Victoria

Suite 1, 111 Coventry Street
Contact: 03 9863 8733

St. Albans

IPC Health

1 Andrea Street, St. Albans
Contact: (03) 9296 1200
(1, 3)

Sunbury

Sunbury Community Health Centre

12–28 Macedon Street, Sunbury
Contact: (03) 9744 4455
(1, 3)

Werribee

Werribee Anglicare Victoria

2 Market Road
Contact: (03) 9731 2500
All referrals via
Odyssey House: 1800 700 514
(3, 4)

Eastern Melbourne:

Bayswater

Anglicare Victoria

666 Mountain Highway
Contact: (03) 9721 3688
www.anglicarevic.org.au
Shore Intake Contact:
1300 00 7873
(3, 4)

Box Hill

Box Hill Hospital

8 Arnold Street
Contact: (03) 9895 3352
(Specialist Outpatient Clinics)
1300 342 255 (General)
(7, 10)

Caulfield South

Caulfield Endoscopy (Private)

544 Hawthorn Road
Contact: (03) 9595 6666
(5, 9)

East Melbourne

Melbourne GI & Endoscopy

130-132 Grey Street
Contact: (03) 9417 5306
Fax: 8677 9625
(9, 5)

Eltham

Healthability

917 Main Road, Eltham
Contact: (03) 9430 9100
(1)

Epping

Plenty Valley Community Health

187 Cooper Street, Epping
Contact: (03) 9409 8787
(1)

Heidelberg

Austin Liver Clinic

145 Studley Road
Contact: (03) 9496 2787
Fax: (03) 9496 7232
(2, 10)

Northern Hospital

185 Cooper Street
Contact: (03) 8405 8000
Fax: (03) 8405 8761
(10)

Ferntree Gully

EACH Ltd

1063 Burwood Highway,
Ferntree Gully
Contact: 1300 003 224
(1, 3)

Yarra Junction

Yarra Valley Health

2475 Warburton Highway,
Yarra Junction
Contact: 1300 342 255
(1)

Greensborough

Banyule Community Health Service, Greensborough Centre – Needle Syringe Program

Unit 3, 25–33 Grimshaw Street,
Greensborough
Contact: (03) 9433 5111
(1- 3)

Hawthorn

Wellbeing at Swinburne University Health Services

George Swinburne Building, Level 4,
34 Wakefield Street, Hawthorn
Contact: (03) 9214 8483
(1)

Healesville

Healesville & District Hospital – Needle Exchange Program

377 Maroondah Highway,
Healesville
Contact: 1300 793 622

Healesville

377 Maroondah Highway
Healesville
Contact: 1300 130 381
(1)

Heidelberg West

Banyule Community Health Service – Needle Syringe Program

21 Alamein Road, Heidelberg West
Contact: (03) 9450 2000
(1, 2, 3)

Hepatitis C Rapid Access to Treatment Clinic

Contact: 0481 909 741
Fax: (03) 9496 2732
(1, 2, 3, 5, 7)

Lillydale

Inspiro Community Health

17 Clarke Street, Lillydale
Contact: (03) 9738 8801
(1, 3–7)

Nunawading

Nunawading Clinic

176 Springvale Road, Nunawading
Contact: (03) 9878 9191
(2)

Ringwood

EACH Ltd

46 Warrandyte Road, Ringwood
Contact: 1300 003 224
(1)

Ringwood East

EACH Ltd

75 Patterson Street, Ringwood East
Contact: (03) 1300 003 224
(1)

South Eastern Melbourne:

Bentleigh East

Connect Health

Glen Eira Site, 2A Gardeners Road,
Bentleigh East
Contact: (03) 9575 5333
(1)

Moorabin Specialist Centre

(Private)

873 Centre Road
Contact: (03) 9579 0100
(5, 6, 7, 8, 9)

Chelsea

Central Bayside Community Health Service

3/1 The Strand, Chelsea
Contact: (03) 9782 7633
(1)

Clayton

Monash Health

Monash Medical Centre

246 Clayton Road
Contact: (03) 9594 6666
Fax: (03) 9594 6111
GP referrals via Monash Health
in Clayton (03 9594 6250)
(10)

Cockatoo

Monash Health Community Services

7–17 McBride Street, Cockatoo
Contact: (03) 5968 7000
(1)

Cranbourne

Monash Health Community

140–154 Sladen Street, Cranbourne
Contact: (03) 5990 6789
(1, 2)

Dandenong

Community Access Partnership (CAP)

84 Foster Street, Dandenong
Contact: (03) 9792 7630, or 1800
642 187
(1, 2)

Frankston

Anglicare Victoria

Level 2 / 60-64 Wells Street
Contact: (03) 9781 6700.
www.anglicarevic.org.au
(3, 4)

Frankston Centre Community Health

12–32 Hastings Road, Frankston
Contact: (03) 9784 8100
(1)

Frankston Integrated Health Centre

12–32 Hastings Road
Contact: (03) 9784 8100
Referral Contact: 1300 665 781
www.peninsulahealth.org.au
Links for (4)

Frankston

SHARPS, NSP + Community Health

20 Young Street, Frankston
Contact: (03) 9781 1622
(1, 2, 6, 7, 8)

Hastings

Hastings Community Health Service

185 High Street, Hastings
Contact: (03) 5971 9100
(1, 3, 7)

Mornington

Mornington Community Information

and Support Centre
320 Main Street, Mornington
Contact: (03) 5975 1644
(1)

Pakenham

Monash Health Community

Henty Way Pakenham - (top Of the
Hill)
Contact: (03) 5941 0500
(1)

Prahran

Star Health

240 Malvern Road, Prahran
Contact: (03) 9525 1300
(1, 3)

Alfred Hospital

Infectious Diseases Unit

Contact: (03) 9076 6081
99 Commercial Road, Prahran
Hepatitis Clinic
Contact (03) 9076 5276
(2, 6, 7, 8)

Alfred– HIV: Hepatitis:STI Education and Resource Centre

(Statewide resource centre on
HIV/AIDS, Hepatitis and Sexually
Transmissible Infections)
8 Moubray Street
Telephone: (03) 9076 6993

Rosebud

Southern Peninsula Community Support and Information Centre

878 Point Nepean Road, Rosebud
Contact: (03) 5986 1285
(1)

South Melbourne

Inner South Community Health Services

341 Coventry Street,
South Melbourne
Contact: (03) 9690 9144

Springvale Community Health – Monash Medical Centre

55 Buckingham Avenue
Contact: 1300 342 273.
(03) 9594 3088.
Fax 9594 6250
GP referrals via Monash Health
Clayton (03 9594 6250).
(10) Fortnightly

St. Kilda

Inner South Community Health Services

18 Mitford Street, St. Kilda
Contact: (03) 9534 0981

Resourcing Health and Education in the Sex industry (RhED)

Royal District Nursing Services

(RDNS) 31 Alma road
Contact: 1300 33 44 55

Salvation Army Health Information Exchange

29 Grey Street, St. Kilda
Contact: (03) 9536 7703

Access Health

31 Grey Street, St Kilda
Contact: (03) 9076 6081
(1,2, 4)

FIRST STEP

42 Carlisle St, St Kilda, 3182
Contact: (03) 9537 3177.
(2, 6, 7, 8)

Gippsland:

Bairnsdale

Bairnsdale Community

Health Centre (Day Program)

48 Ross Street, Bairnsdale
Contact: (03) 5152 0222
(1)

Churchill

Latrobe Community

Health Service

20–24 Philip Parade, Churchill
Contact: 1800 242 696
(1)

Lakes entrance

Gippsland Lakes Community

Health Centre

18–26 Jemmeson Street, Lakes
Entrance Contact: (03) 5155
(1-3)

Loch Sport

Loch Sport Community Health Centre

1 National Park Road, Loch Sport
Contact: (03) 51460349
(1)

Maffra

Maffra District Hospital

48, Kent Street Maffra
Contact: (03)51470100
(1)

Moe

Latrobe Community

Health Service

42–44 Fowler Street, Moe
Contact: 1800 242 696
(1, 2, 3)

Taralgon

Cnr. Princes Highway and
Seymour Street, Taralgon
Contact: 1800 242 696
(1,3)

Warragul

West Gippsland Healthcare Group Community Services Division

31–35 Gladstone Street, Warragul
Contact: (03) 5624 3500
(1, 3)

Leongatha

Gippsland Southern Health Services

Koonwarra Road, Leongatha
Contact: (03) 5667 5555
(1, 3)

Morwell

Latrobe Community Health Services

81–87 Buckley Street, Morwell
Contact: 1800 242 696
(1-3)

Nowa Nowa

Nowa Nowa Community Health

6 Bridge Street, Nowa Nowa
Contact: (03) 5155 7294
(1-3)

Orbost

Orbost Regional Health –
A multi Service site

104–107 Boundary Road, Orbost
Contact: (03) 5154 6666
(1, 3)

Rosedale

Rosedale Community Health Centre

2–8 Cansick Street, Rosedale
Contact: (03) 51992333
(1,3)

Sale

Central Gippsland Health Service Division of Community Care

Palmerston Street, Sale
Contact: (03) 51438800
52 Mearthur Street, Sale
Contact: 1800 242 696
(3)

San Remo

Bass Coast Community Services

1 Back Beach Road, San Remo
Contact: (03) 5671 9200
(1, 3)

Traralgon

Latrobe Community Health Services

Cnr. Princes Highway and Seymour
Street, Traralgon.
Contact: 1800 242 696
(1-3)

Warragul

West Gippsland Healthcare Group Community Services Division

31–35 Gladstone Street, Warragul
Contact: (03) 5624 3500
(1, 3)

Wonthaggi

Bass Coast Health – Needle Syringe Program

235–237 Graham Street, Wonthaggi
Contact: (03) 5671 3333
(1)

Yarram

Yarram and District Health Service

50 Bland Street, Yarram
Contact: (03) 51820270
(1)

Western Victoria:

Apollo Bay

Otway Health

75 McLachlan Street, Apollo Bay
Contact: (03) 5237 8500
(1)

Belmont

Barwon Community Health Centre

1–17 Reynolds Road, Belmont
Contact: (03) 4215 6800
(1)

Colac

Colac Area Health

2–28 Connor Street, Colac
Contact: (03) 5232 5100
(1)

Corio

Corio Community Health

2 Gellibrand Street, Corio
Contact: (03) 4215 7100
(1) *Automated Syringe Dispensing Machine 24/7*

Drysdale

Bellarine Community Health

21–23 Palmerstone Street,
Drysdale
Contact: (03) 5251 4640
(1)

Geelong

Wathaurong Aboriginal Service

62 Morgan Street, Geelong North
Contact: (03) 5277 2038
(1)

Horsham

Wimmera Health Care Group

83 Baillie Street, Horsham
Contact: (03) 5381 9111
(1)

Lucas

Ballarat Community Health Centre – Needle syringe program

12 Lilburne Street, Lucas
Contact: (03) 5338 4500
(1, 2, 3)

Maryborough

Community Services Maryborough

75–87 Clarendon Street,
Maryborough
Contact: (03) 5461 0400
(1)

Newcomb

Newcomb Community Health Centre – Needle syringe Program

104–108 Bellarine Highway,
Newcomb
Contact: (03) 4215 7520
(1)

Portarlington

Bellarine Community Health

39 Fenwick Street, Portarlington
Contact: (03) 5258 6140
(1)

Portland

Portland District Health

141-151 Bentinck Street, Portland
Contact: (03) 5521 0333
(1, 3)

Sebastopol

Ballarat Community Health Centre

260 Vickers Street, Sebastopol
Contact: (03) 5338 4585
(1, 3)

Stawell

Stawell Health and Community Centre

8–22 Patrick Street, Stawell
Contact: (03) 5358 7400
(2, 3)

Torquay

Torquay Community Health Centre – Needle and Syringe Program

100 Surf Coast Highway, Torquay
Contact: (03) 4215 7800
(1, 3)

Warrnambool

Brophy Family and Youth Services

210 Timor Street, Warrnambool
Contact: (03) 5561 8888
3–For persons aged 12 – 25
(1)

Warrnambool

Warrnambool Community Health

Koroit Street, Warrnambool
Contact: (03) 5563 4000
(1)

Wendouree

Ballarat Community Health Centre

10 Learmonth Road, Wendouree
Contact: 5338 4585
(1)

North Western Victoria:

Bendigo

Central Secondary NSP
Bendigo Community Health Service
171 Hargreaves Street Bendigo
Contact: (03) 5448 1600
(2, 3, 7)

Castlemaine

Castlemaine District Community Health

13 Mostyn Street, Castlemaine
Contact: (03) 5479 1000
(1, 3, 5, 9)

Eaglehawk

Bendigo Community Health Services

3 Seymour Street, Eaglehawk
Contact: (03) 5434 4300
(3-7)

Echuca

Echuca Regional Health

Contact: (03) 5485 5000
(1, 3)

Kangaroo Flat

Bendigo Community Health Services

Site 13 Helm Street, Kangaroo Flat
Contact: (03) 5430 0500
(1)

Kyneton

Cobaw Community Health Service

47 High Street, Kyneton
Contact: (03) 5421 1666
(1, 2, 3)

Mildura

Sunraysia Community Health Service

137 Thirteenth Street, Mildura
Contact: (03) 5022 5444
(2, 3, 7)

North Eastern Victoria:

Alexandra

Alexandra Community Health Services – Needle Exchange Program

12 Cooper Street, Alexandra
Contact: (03) 5772 0900
(1, 2)

Benalla

Benalla Health

45/63 Coster Street, Benalla
Contact: (03) 5761 4222
(1)

Cobram

Cobram District Health

24-32 Broadway Street, Cobram
Contact: (03) 5871 0777
(1)

Corryong

Corryong Health

20 Kiell Street, Corryong
Contact: (02) 6076 3200
(1)

Euroa

Euroa Health

36 Kennedy Street, Euroa
Contact: (03) 5795 0200
(1)

Mansfield

Mansfield District Hospital

53 Hightett Street, Mansfield
Contact: (03) 5775 8800
(1)

Myrtleford

Gateway Health

32 Smith Street, Myrtleford
Contact: (03) 5731 3500
(1-3)

Shepparton

Primary Care Connect

399 Wyndham Street, Shepparton
Contact: (03) 5823 3200
(1, 3)

Wangaratta

Gateway Health

45-47 Mackay Street, Wangaratta
Contact: (03) 5723 2000.
(1, 3)

Wangaratta

Northeast Health

35-47 Green Street, Wangaratta
Contact: (03) 5722 5111
(1)

Wodonga

Gateway Health

155 High Street, Wodonga
Contact: (02) 6022 8888
(1)

Yarrowonga

Yarrowonga Health

33 Piper Street, Yarrowonga
Contact: (03) 5743 8111
(1)

Yea

Yea and District Memorial Hospital

45 Station Street, Yea
Contact: (03) 5736 0400
(1)

Hepatitis Infoline

Call the Hepatitis Infoline to talk about:

Information: We can answer questions and mail information to you.

Support: We can provide support for a range of issues and concerns.

Referral: We can refer you to other organisations and services.

The Hepatitis Infoline is a free and confidential service for all Victorians.

Hours

Monday to Friday 9.00am – 5.00pm



English

Hepatitis Information Line. If you need an interpreter, please first call the Translating and Interpreting Service on 131 450.

Vietnamese

Đường dây Hướng dẫn Bệnh Viêm Gan. Nếu cần thông dịch viên, trước tiên xin quý vị vui lòng gọi Sở Thông ngôn và Phiên dịch số 131 450.

Farsi

خط اطلاعات هپاتیت. اگر نیاز به مترجم حضوری دارید، لطفاً با مرکز خدمات ترجمه کتبی و حضوری با شماره 131 450 تماس بگیرید.

Amharic

የወጥ ስጦታ መረጃ ማቅረቢያ መስመር። አስተርጓሚ ካስፈለግን፤ አባክዎ መጽሐፍ ለትርጉምና አስተርጓሚ አገልግሎት በስልክ 131 450 አድርገው ይደውሉ።

Arabic

خط المعلومات عن التهاب الكبد. إذا كنت بحاجة لخدمات مترجم، الرجاء الاتصال أولاً بخدمة الترجمة الفورية والتحريرية على الرقم 131 450.

Chinese

肝炎信息专线。如需传译员协助，请先致电翻译服务处电话131 450。

Khmer

ខ្សែទូរស័ព្ទផ្តល់ព័ត៌មានអំពីជំងឺរលាកថ្លើម។ ប្រសិនបើលោកអ្នកត្រូវការអ្នកបកប្រែភាសាជាដំបូង សូមទូរស័ព្ទទៅកិច្ចប្រជុំបកប្រែភាសាសរសេរ និងនិយាយ លេខ 131 450។

hepatitisinfoline

1800 703 003

Your donations make a difference!

Your donations help us to provide information, services, advocacy, resources and support for people affected by viral hepatitis, health professionals and members of the general public.

All donations of \$2 or more are tax deductible.

If you do not receive your receipt promptly, then please call Hepatitis Victoria on 03 9380 4644, or email: admin@hepvic.org.au

I would like to donate the following amount:

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I have enclosed my cheque/money order/cash or

Please debit my credit card for \$_____

Type of card: Visa/MasterCard _____

Name on Card _____

Card number:

Expiry Date _____

Please send my receipt to:

Name _____

Address _____

Suburb/City _____

Postcode _____ State _____

Send to: Hepatitis Victoria
Suite 5, 200 Sydney Road
Brunswick, Victoria 3056