

Acknowledgement of Country

1800 My Options acknowledges and pays our respects to the traditional custodians of the lands and waters we meet on today, the Wurundjeri people.

We pay our respects to them, their cultures and their Elders past, present and emerging.

We recognise that sovereignty was never ceded and that we are beneficiaries of stolen land and dispossession, which began over 200 years ago and continues today.

1800 my options

1800 696 784

For information about contraception,
pregnancy options and sexual health.

**Phone line
9-5 weekdays**



**Email,
webchat
and web
search**



← Go Back

⊘ QUICK ESCAPE

Filter services

The services displayed here are a fraction of those that are included on the 1800 My Options database. For more services, please call [1800 696 784](tel:1800696784)

You can search for providers that suit your needs through using the filtering options below, and the postcode search located on the map. 1800 My Options does not include details about the costs of services. For information about fees, please contact the service provider.

Abortion

Medical ⓘ

Surgical ⓘ

Pregnancy gestation (weeks)

Calculated by the number of weeks since last period, if known

0 ————— 24

Please note that blood tests and/or ultrasound may be required to confirm exact gestation of pregnancy.

[Need more information about your options? See our Abortion page.](#)

Contraception

Emergency ⓘ

Hormonal ⓘ

Long Acting Reversible Contraception - Copper IUD ⓘ

Long Acting Reversible Contraception - Implant ⓘ

Long Acting Reversible Contraception - Contraceptive Injection ⓘ

Long Acting Reversible Contraception - Hormonal IUD ⓘ

[Need more information about your options? See our Contraception page.](#)

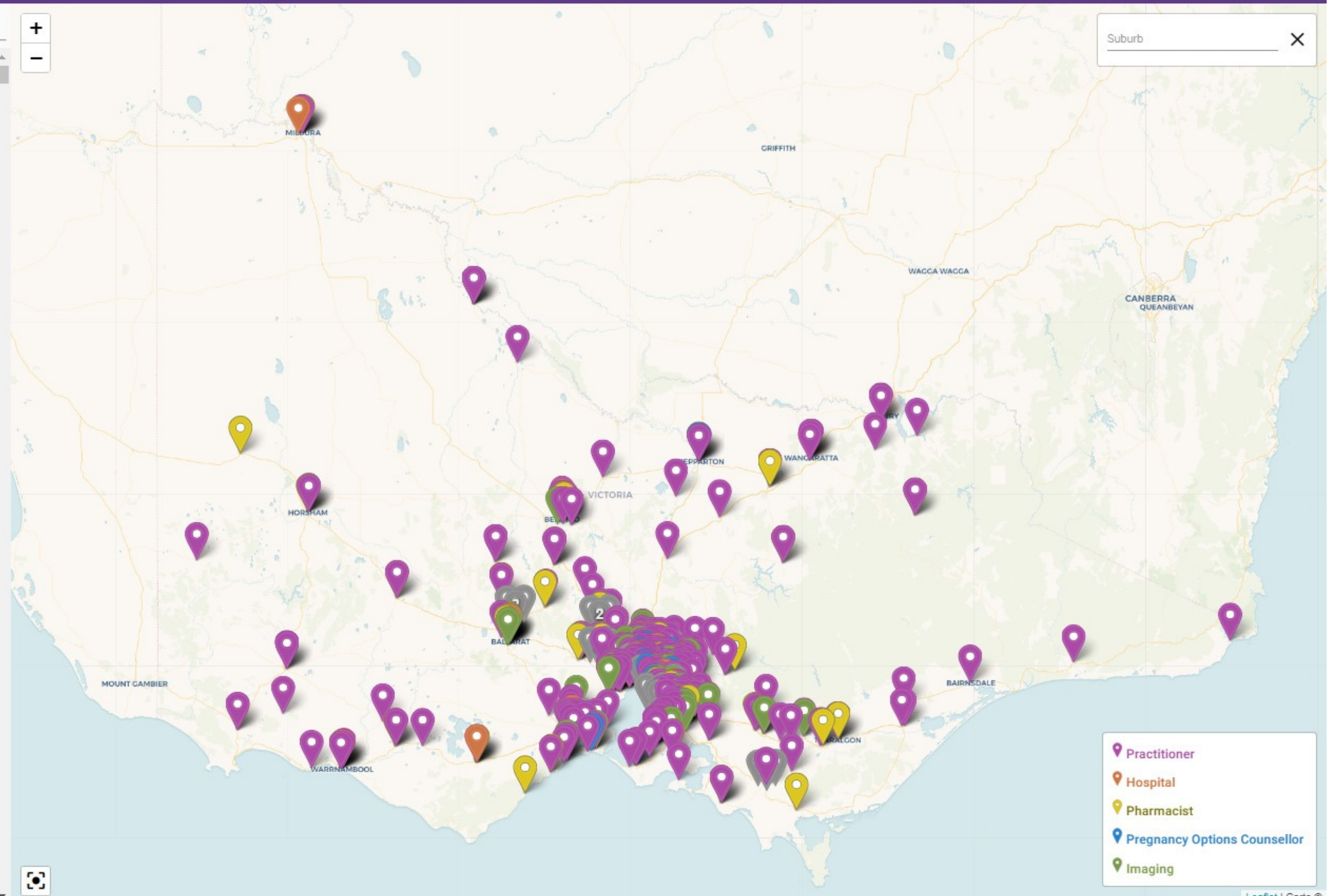
Results 610 results

- AIM Health Doncaster Medical Centre**
 General Practice Clinic (GP Clinic)
 * GP referral not required
 90 Williamsons Road, Doncaster, VIC 3108
[03 9132 5128](tel:0391325128)
 Monday - Sunday: 9:00am - 5:00pm
Language(s):
 • Chinese

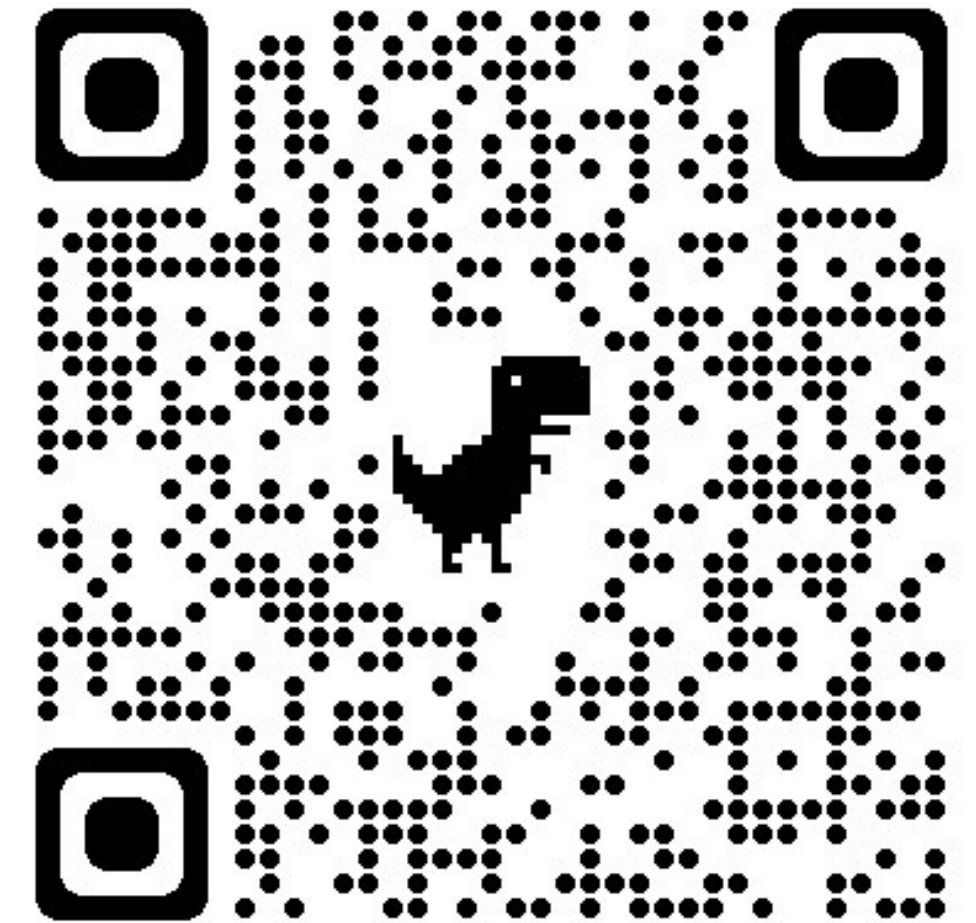
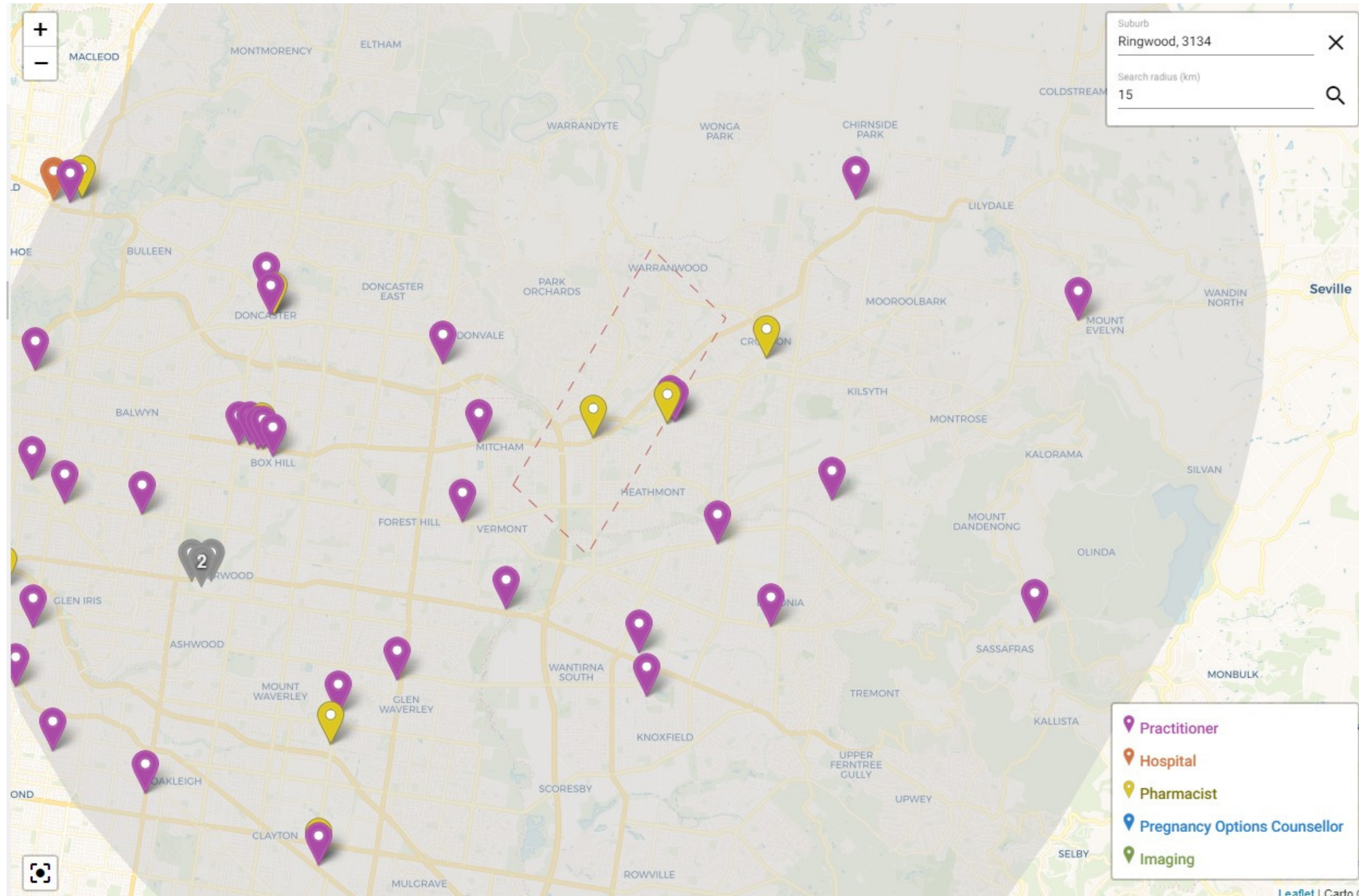
Services
- AIM Health Medical Centre**
 General Practice Clinic (GP Clinic)
 * GP referral not required
 253 Lonsdale St, Melbourne, VIC 3000
[03 9005 2118](tel:0390052118)
 Monday - Friday: 9:30am - 5:30pm
Language(s):
 • Chinese
 • Malay

Services
- Access Health Program**
 * GP referral not required
 31 Grey Street, St Kilda, VIC 3182
[03 9536 7780](tel:0395367780)
 Monday - Friday: 9:00am - 5:00pm. Closed public holidays & weekends. Sexual Health Clinic Monday 2:00pm - 5:00pm.
Language(s):
 •

Services



Search our map



Search terms:
Ringwood (15km radius)
• Medical abortion provider
30/1/24
Public map

OVER

VICTORIANS
SUPPORTED



OVER

REGISTERED
HEALTH
SERVICES



Who are our health services?



**GPs, specialists, pharmacists,
sonographers and counsellors**

**Multi-lingual, youth-friendly,
LGBTQIA+ friendly, Aboriginal
Health Services**

- **Private, public and mixed billing**
- **Pro-choice**

Who are our callers?

Women aged 26-35, followed by 18-25

- **34.4% of callers mention financial insecurity**
 - **(this increased to 40% since start of 2021)**

38% of callers were not born in Australia

- **Seeking health information and service referrals for abortion, contraception, pregnancy options counselling, and STI testing.**



Why do people call 1800 My Options?





Support with unplanned pregnancy

- Is abortion legal in Victoria?
- What type of abortion can I get?
- Where can I go to get an abortion?
- Young people and abortion

Abortion Law in Victoria

- **Safe, legal, and available on demand until 24 weeks of pregnancy.**
- **Safe Access Zones protect clients and workers from protesters within 150m of clinics.**
- **Doctors who have a conscientious objection must refer patients to another doctor who doesn't object.**



ABORTION
LAW

Medication Abortion



- **Available until 9 weeks of pregnancy.**
- **Up to 98% effective.**
- **Can be prescribed at GP clinics, community health services, private clinics and hospitals.**
- **Usually cost effective.**
- **Requirements:**
 - Blood test and ultrasound
 - Follow up appointment
 - 100km from an Emergency Department
 - Capacity to understand how to time the medications
 - A safe space for a few days
- **Symptoms include cramping, bleeding, passing clots, and nausea - same as a ‘natural’ miscarriage**

Surgical Abortion

- **Available until 24 weeks of pregnancy (most before 12 weeks).**
- **Over 98% effective.**
- **Must be done at a private day clinic or hospital.**
- **Can be more expensive due to anaesthetic.**



- **Requirements:**
 - Blood test and ultrasound
 - Follow up appointment
 - Support person to pick up after surgery

Pregnancy Options Counselling

- **'Non-Directive Pregnancy Options Counsellors' have done training to help clients make a decision in a non-biased way.**
- **Clients are eligible for 3 Medicare-rebated sessions with an accredited counsellor.**
- **Clients may have rebates through private health insurance too.**





Contraception

- What contraception methods are available / most effective?
- Where can I go to get ...?
- What will prevent STIs?
- How much will ...cost?



Sexual health

- **Do I need an STI test?**
- **Do I need a cervical screen test?**
- **Where can I get tested for free / low cost?**

Young people FAQs

I am experiencing family violence. How can I access a service?

I'm under 18, do I need parental consent to get contraception or an abortion?

Do I need to tell my family if I'm pregnant?

Confidentiality

Will the health service

Will the abortion show on my Medicare or Private health insurance record?

Will the abortion show on my school?

I want to hide my contraception / abortion from my family. What methods are best?

Young people FAQs

You do NOT need to tell your parents or school about a pregnancy or abortion.

There is NO minimum age to have contraception or abortion.

All the personal and health information you give a health service is confidential by law (*unless there are serious safety concerns).

Medicare and My Health records are private from age 14.

Depending on your private health insurance plan, someone else may be able to view what you claim.

Some contraception methods can be more discreet.



Young people FAQs

I can't afford to pay for a service. What can I do?

I can't drive. How do I get to a clinic or to Melbourne?

My parents check my phone. How can I make an appointment?

Access issues

I don't want my parents to know I'm having an abortion. What type of abortion is better for me?

Can I get any support if I don't have a Medicare card?

Young people FAQs

There are bulk-billed abortion and ultrasound services in Victoria. Some clinics accept OSHC for international students or working holiday makers.

Different abortion methods will suit different young people. Consider living situation, support people, transport options, proximity to hospital.

- **Some clinics will not prescribe medication abortion to under 18s**

Some clinics can provide telehealth sessions, and allow online booking.



Young people FAQs

The Royal Women's Hospital - Priority referral process

- **Free abortion, contraception, counselling and maternity service**
- **Priority referral criteria, including:**
 - Under 18 years old**
 - Experiencing family violence**
 - Rural/regional Victorian**
 - Financial hardship**
 - Mental illness**
- **Psychosocial support, including:**
 - help with transport**
 - support for sexual assault**



What happens when I contact you?



Contacting 1800 My Options

- **Confidential, respectful, anonymous***
- **9am - 5pm, weekdays**
- **Longest wait time - usually 10 minutes**
- **Women workers**
- **Multi-lingual workers and interpreters**
- **Have a pen and paper handy / notes app or email options**



What we ask

- **Age***
- **Postcode**
- **Gestation (if known) or Last Menstrual Period**
- **Service requested**
- **Medicare/Healthcare/Private insurance status**
- **Barriers to access:** family violence, reproductive coercion, sexual assault, money, travel, health conditions, disability, housing insecurity

What we provide

- **Evidence-based information** about abortion, contraception and sexual health services
- Usually **3 'referrals' to suitable clinics** that provide relevant services (phone number, address, GP name)
OR 'warm referral' to suitable service that will prioritise **clients experiencing urgent need** (eg FV)
- **Referrals to other supports** (eg mental health, housing)

How we help

We can find services that are...

Financially suitable

Bulk bill/discount young people

- Free for asylum seekers and refugees

Can directly bill with private insurance

- **In local areas, provide telehealth or transport**

Culturally safe

Choice of practitioner gender

Speak multiple languages

Aboriginal health services

Trans-friendly health services

- Have **experience supporting young people**



How you can use us

- **Refer clients to us / contact us with clients** to discuss contraception, unplanned pregnancy, or sexual health
- **Display our information and resources** in relevant community spaces
- **Provide clients with our cards, or online resources** (if safe to do so)
- Use our **map** to search for local services



What we *don't* provide...

- **Specialised medical advice**

Exact cost breakdowns

Appointment bookings

Case management

Legal advice

Counselling

In most situations, we will be able to refer clients to other supports.



Scenario 1

Ruby is 17, and lives in Healesville. She missed her period last week, and just did a positive pregnancy test. Her boyfriend, who is in the same year level at school, does not like to use condoms. She has just told her mum, who has taken her to the local GP clinic. She is currently calling 1800 My Options with the GP.

Scenario 1

Ruby is 17, and lives in Healesville. She missed her period last week, and just did a positive pregnancy test. Her boyfriend, who is in the same year level at school, does not like to use condoms. She has just told her mum, who has taken her to the local GP clinic. She is currently calling 1800 My Options with the GP.

1800 My Options walks her through her pregnancy options. Ruby decides to have a medical abortion, so she can be supported by her mum at home.

1800 My Options provides her with contact details of 3 GPs who provide medical abortions, and a local pharmacy that can dispense the medication.

After discussing some contraception options, the phone worker also discusses if she would like to talk to someone about how her boyfriend refuses to use condoms. Ruby takes the number for 1800 RESPECT.

1800 My Options advises GP to provide a blood test and ultrasound referral.

Scenario 2

Kelly is a 19 year old international student, living in Wantirna. She has just started a relationship with a new partner. They are not wanting to have children yet, to focus on finishing their studies and starting full-time work. Kelly is worried about her parents finding out that she is sexually active when she goes home for the holidays. She calls to learn about her contraception options.

Scenario 2

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1800 My Options discusses contraception options with Kelly, who is interested in a hormonal IUD. 1800 My Options provide her with referrals to 3 local, youth-friendly GPs who have done special training with IUDs. These GPs are able to directly bill to her private insurance provider. She is informed she will need check with the GP clinics and her insurance provider to see how the contraception appointments are listed in her billing history.

Scenario 3

Min is 24, and lives in Croydon. She is currently 17 weeks pregnant. Her partner has been abusive, and the violence has escalated since the pregnancy. She is planning to break up with her partner and terminate the pregnancy. She cannot afford the cost of a private service (which quoted her \$800). She already has 2 children and cannot drive. Her family violence worker gives her the 1800 My Options number. She prefers to speak Mandarin.

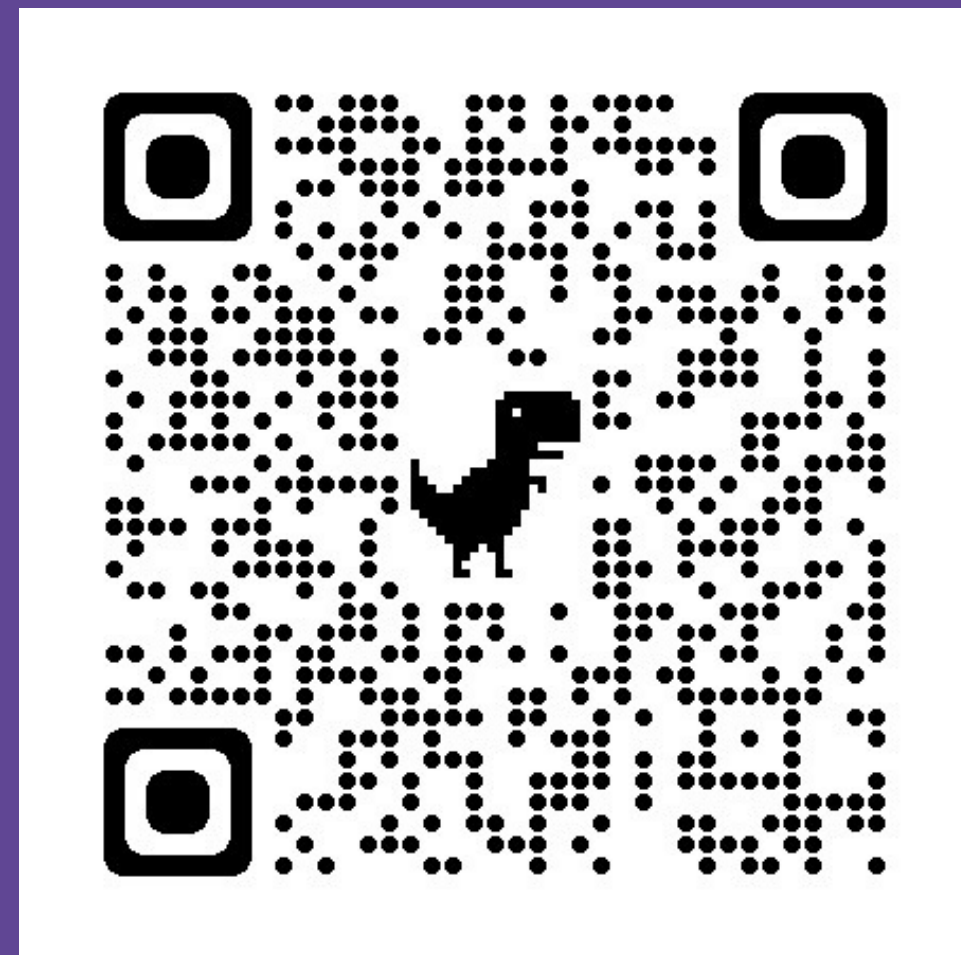
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1800 My Options dial in a phone interpreter, and provide her with a direct referral to a surgical abortion provider (the Royal Women's Hospital) that can provide social work support, transport and interpreting for her. This involves passing her name and mobile number to the hospital social work team, who will call her back within 24-48 hours. Min already has a safety plan through her local family violence service. 1800 My Options provides her with Mandarin-speaking GPs to organise bloods/ultrasounds.



Training and Resources



Online microcredential

Abortion, Contraception & Sexual Health: Supporting Client Access

Enrolments open now

A free two-hour course for support workers, health professionals and students.



Order resources



INTERNATIONAL STUDENT FACT SHEET: Things to ask your GP

Sometimes you might feel unsure of what you can ask your GP, especially when it comes to talking about your sexual and reproductive health.

Here's some questions you can ask to help get the conversation going:

Contraception:

- I've just started a sexual relationship but I don't want to get pregnant. What contraception options could I try?
- What are some other contraception options apart from the pill?
- I've heard some negative things about this contraception. Can you explain more about the possible side effects?
- Is it normal to have this reaction to this contraception method?

STIs and BBVs:

- I've recently had unprotected sex with a casual partner, and I've been experiencing some symptoms... Could I have an STI?
- I received an anonymous text telling me I might have an STI. How can I get an STI check for chlamydia. How can I get one?
- What type of STI test will you do? Will I need a blood, swab or urine test?
- How and when will I find out the result of my STI test?
- I have a sexual relationship with a partner who is living with HIV. Can I find out more about PrEP?

Cervical Screening:

- Can I see a female doctor to do my cervical screen?
- Why do my cervical screen results matter?

INTERNATIONAL STUDENT FACT SHEET: Roles of different health professionals

As an international student, it can be tricky to find your way around a country, especially regarding your sexual and reproductive health. Where should you go? Here is some information about the types of sexual and reproductive health professionals can provide:

GPs
General practitioners, or GPs, are doctors that are your first point of contact for any health concerns.

They can provide:

- Cervical screening
- STI testing (eg urine test, blood test, swabs)
- STI treatment (eg prescribing medications)
- Contraception counselling and prescriptions (eg for the pill, vaginal ring, implant, IUD)
- Vaccination (eg for HPV or Hepatitis vaccines)
- Referrals for further treatment (eg for blood tests, ultrasounds, hospitals, counselling and specialists)

Not all GPs can provide every sexual and reproductive health service, so it's important to check what your GP can do.

A GP needs to have done special training to provide:

- Contraception insertion (eg IUDs, implants, diaphragms and injections)
- Medication abortion
- Non-directive pregnancy options counselling
- HIV care

A standard GP appointment is usually 10-15 minutes long. At most clinics, it is best to make an appointment beforehand.

Many doctors can now also provide appointments over the phone (telehealth).

GPs can practice at both private and public clinics with different billing options.

When finding a GP, you can choose a doctor that suits your gender and language preferences (eg a female doctor who can speak Mandarin).



Nurses
Nurses can work in a variety of settings, such as GP clinics, sexual health centres and community health centres.

Depending on their qualifications, nurses can provide support for:

- Education and information
- Cervical screening
- STI testing, treatment and counselling
- Contraception and abortion care
- Pregnancy testing
- Midwifery
- Vaccination
- Baby and breastfeeding support

FOR INFORMATION ABOUT CONTRACEPTION, UNPLANNED PREGNANCY + SEXUAL HEALTH:

1800 my options

1800 696 784
Monday - Friday, 9am - 5pm
NRS: 1800 555 660 | Interpreter: 13 14 50

1800myoptions.org.au

Confidential. Free. Non-judgemental. Pro-choice.



1800 my options

For information about contraception, pregnancy options and sexual health.

Confidential. Free. Non-judgemental. Pro-choice.

1800 696 784
Monday to Friday, 10am - 4pm (closed on public holidays)

Sex TEMBER

BLACK WOMAN

MY BODY MY RULES

1800 my options

1800 696 784

Women's Health VICTORIA

a sexual and reproductive health zine | 2021

1800 my options

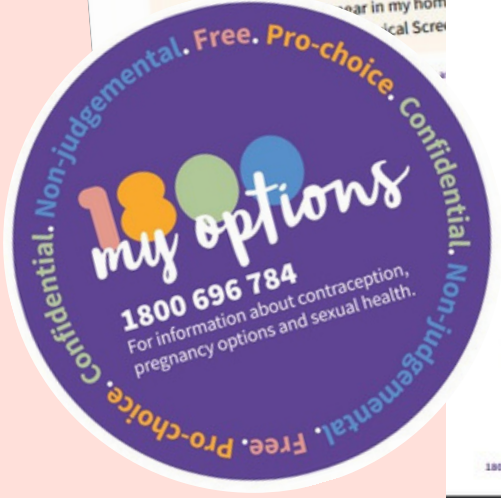
1800 696 784
For information about contraception, pregnancy options and sexual health.

September 28 International Safe Abortion Day

5 REASONS TO SUPPORT ABORTION RIGHTS

- Abortions are common.**
Around half of all pregnancies are unplanned, and it's estimated that 1 in 3 women will have an abortion in their lifetime. People of all ages, ethnicities, and backgrounds have abortions; around 73 million abortions are performed every year around the world.
- Abortions are healthcare.**
With adequate medical supervision and sanitary conditions, abortion is a very safe and straightforward medical procedure - even safer than childbirth. In Australia, abortion is done either with medication or surgery, performed by trained healthcare professionals.
- Abortions are a human right.**
International laws protect the right to healthcare, equality, non-discrimination and the right to be free from violence.
- Abortions are empowering.**
Studies show that relief is the most common feeling experienced after an abortion. Abortions allow people to plan whether to have children, or the timing of their children. Contraception and abortion can allow people to pursue education and work, leading to social and economic empowerment.
- Abortion restrictions cause unsafe abortions.**
Unsafe abortion is one of the leading causes of maternal mortality; it is estimated around 22,000 people die from unsafe abortions every year. Abortion rates are actually lowest in areas with comprehensive sex education, accessible contraception and abortion services.

Everyone deserves the right to legal, safe and accessible abortion.



Other resources

- **Multilingual brochures:**

Vietnamese

Arabic

Hakha Chin

Dari

Karen

Punjabi

Simplified Chinese

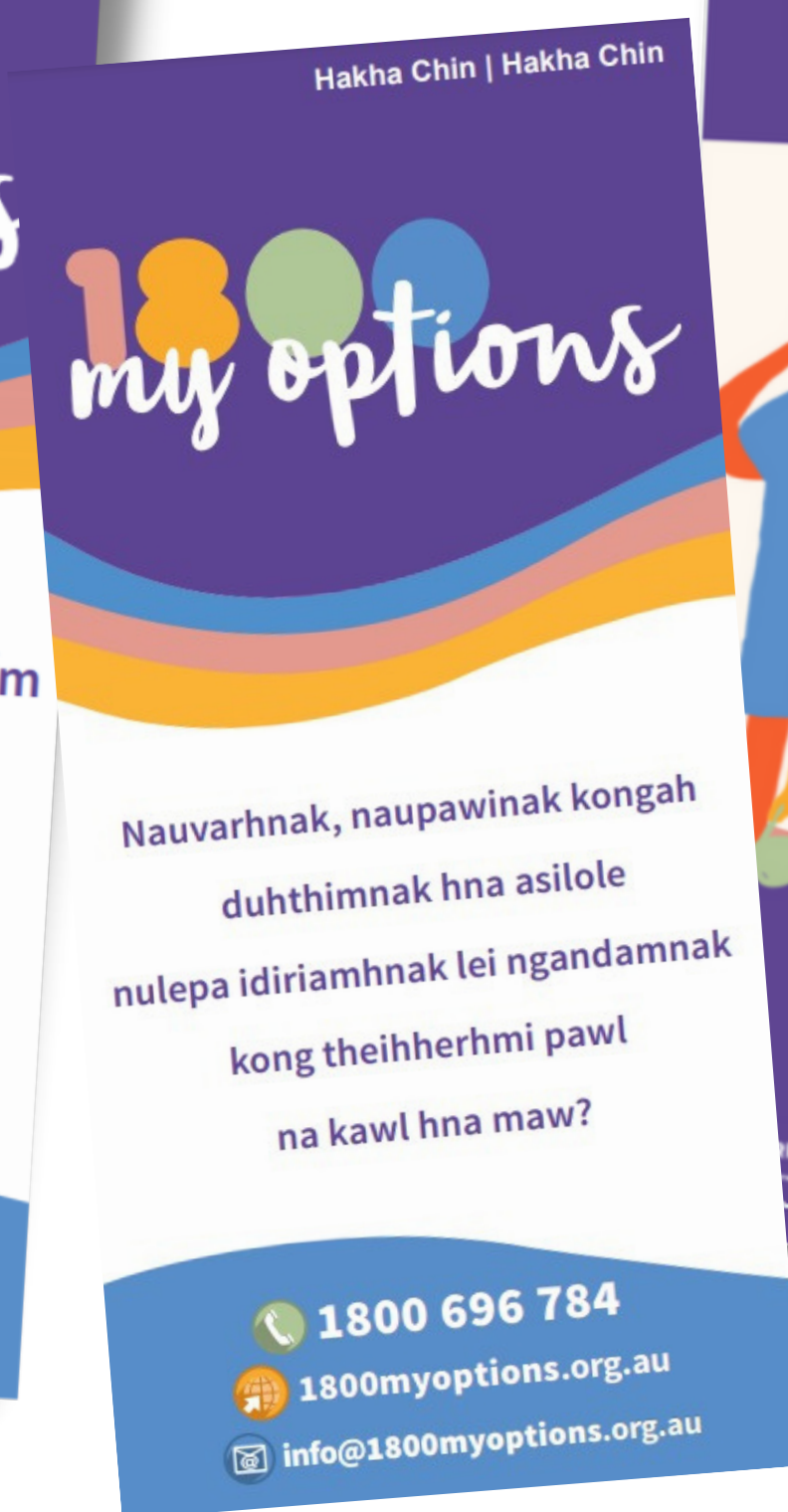
Somali

Tamil

Urdu

- **Fact sheets and zines**

- **Short videos**



Thank you - keep in touch!



www.facebook.com/1800MyOptions



[@1800myoptions](https://www.instagram.com/1800myoptions)



info@1800myoptions.org.au

