

# We take pride in our LGBTI communities

## Celebrating diversity in our community

As a community health service, we welcome and value diversity. This includes diversity in sexual orientation, gender identity and intersex variations, among other ways you might identify. LGBTI health and equity is our priority, talk to us if you need some support.

### You're welcome at our service

Our community health service is proud to stand with our lesbian, gay, bisexual, transgender and intersex (LGBTI) staff, clients and communities, and we are committed to making our services welcoming, safe and respectful for all clients.

We know our trans, gender-diverse and intersex community members in particular can sometimes find health service environments challenging or uncomfortable, and we would like to improve those experiences for you.

We recognise the rights of our LGBTI community members to access health care free of prejudice and discrimination.



### Your health and wellbeing is important

You deserve to live a healthy, happy and fulfilling life, and we would like to support you to do so.

Sexual orientation, gender identity and intersex status matter in health care. There are specific healthcare issues and risks that affect different members of LGBTI communities in unique ways.

For example, lesbian and bisexual women need to be aware of how sexually transmitted infections, cervical health, reproductive health, mid-life changes, ageing, mental health and substance-use patterns might affect them.

Talk to a doctor or find out more information by visiting [www2.health.vic.gov.au/rainbowequality](http://www2.health.vic.gov.au/rainbowequality)

### Ways that life can impact on your health

Sometimes our health needs are influenced by broader life circumstances including our age, work, education, where we live, our relationships and social support. For example:

- Many ageing community members have experienced the effects of long term invisibility or discrimination.
- Confronting sexuality or gender-diversity issues can be challenging for young people
- Bullying or harassment at school.
- Social isolation or exclusion from family and friends can cause anxiety and depression.
- Family or intimate partner violence or sexual assault can erode feelings of self-worth.

**Talk to us if you need some support.**

**We are not all the same.  
But we all deserve equal  
healthcare.**

**LGBTI health and equity  
is our priority.**

## **Discrimination can be bad for your health**

LGBTI community members can be exposed to different types of discrimination in their everyday lives.

Discrimination is a stress that can broadly affect your physical and mental health. Talk to us if you need some support and we may be able to connect you to:

- counselling services
- local support groups or networks (for individuals or families and carers)
- other appropriate services
- online support.

## **Confidentiality and disclosure**

Any issues you discuss with us about your sexuality, gender or intersex diversity experience remain confidential. You have the right to receive a confidential service and your privacy and safety is our priority.

Sexual orientation, gender identity and intersex status can matter in health care, so we welcome you talking to us honestly if you feel comfortable to do so.

## **Talk to us – your feedback matters**

We are always looking for ways to improve the experiences of the LGBTI community members using our services and welcome any feedback about our policies, procedures, practices and how these affect the services we provide.

Talk to our reception staff to find out how you can provide feedback confidentially or get involved in improving our community health service.

## **Support services**

- Switchboard  
[www.switchboard.org.au](http://www.switchboard.org.au)
- QLife  
[www.qlife.org.au](http://www.qlife.org.au)
- Minus 18  
[www.minus18.org.au](http://www.minus18.org.au)
- Rainbow Families  
[www.rainbowfamilies.com.au](http://www.rainbowfamilies.com.au)
- Living Positive Victoria  
[www.livingpositivevictoria.org.au](http://www.livingpositivevictoria.org.au)
- Victorian Aids Council  
[www.vac.org.au](http://www.vac.org.au)
- YGender  
[www.ygender.org.au](http://www.ygender.org.au)
- Zoe Belle Gender Collective  
[www.zbgc.com.au](http://www.zbgc.com.au)
- Transgender Victoria  
[www.transgendervictoria.com](http://www.transgendervictoria.com)
- Royal Children's Hospital Gender Service  
[www.rch.org.au/adolescent-medicine/gender-service/](http://www.rch.org.au/adolescent-medicine/gender-service/)
- Monash Health Gender Clinic  
[www.monashhealth.org/page/gender\\_clinic](http://www.monashhealth.org/page/gender_clinic)
- Parents of Gender Diverse Children  
[www.pgdc.org.au](http://www.pgdc.org.au)
- Val's Café  
[www.valscafe.org.au](http://www.valscafe.org.au)
- MindOut  
[www.lgbtihealth.org.au/mindout](http://www.lgbtihealth.org.au/mindout)
- Safe Schools  
[www.safeschoolscoalition.org.au](http://www.safeschoolscoalition.org.au)
- LGBTI National Health Alliance  
[www.lgbtihealth.org.au](http://www.lgbtihealth.org.au)
- GLHV  
[www.glhv.org.au](http://www.glhv.org.au)
- Better Health Channel  
[www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)
- Rainbow eQuality  
[www2.health.vic.gov.au/rainbowequality](http://www2.health.vic.gov.au/rainbowequality)

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