

## Understanding Family Planning Clinics and Services



### Highlights

Family planning clinics offer support for all reproductive and sexual healthcare needs.

Pregnancy counseling is also available at family planning clinics.

Women and men of all ages can receive reproductive and sexual health information and support.

Family planning clinics and telehealth options are available in many regions.

Consultation fees may vary, and some services may be eligible for rebates or discounted fees.

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### Family Planning Clinics Overview

## **Services Offered by Family Planning Clinics**

- Contraception options and guidance
- Pregnancy support and counseling
- Termination of pregnancy (abortion) services
- Screening and treatment for sexually transmitted infections (STIs)
- Support for sexual assault survivors
- Education on reproductive coercion
- Services for diverse gender identities and sexual orientations
- Menopause management and counseling
- General sexual health education and consultations

## **Costs of Visiting Family Planning Clinics**

- Are under a certain age
- Hold a valid healthcare concession card
- Receive financial assistance such as youth allowances

## **Age Requirements for Visiting Family Planning Clinics**

## **Locations of Family Planning Clinics**

### **Tools and Assistance**

Local General Practitioners (GPs): Your GP can offer additional information and guidance on reproductive and sexual health. They can also provide referrals to family planning clinics if needed.

Community Health Centers: Many local community health centers offer reproductive and sexual health services, including counseling, contraception advice, and STI testing.

School Health Programs: Some schools provide access to health services such as youth health nurses who can offer advice and direct students to the appropriate services for family planning and reproductive health.

Telehealth Services: Many family planning clinics and healthcare providers offer telehealth services, allowing individuals to access consultations and support remotely, making it more convenient to receive care from home.

Health Promotion Programs: These programs, often provided by clinics or health

organizations, focus on education, prevention, and the promotion of healthy sexual practices. They are particularly useful for community outreach and support.

**Reproductive Health Hotlines and Helplines:** Some family planning clinics and organizations provide helplines that offer immediate support, advice, and assistance related to reproductive health concerns, including pregnancy, contraception, and sexual health issues.