

WOMEN'S HEALTH

In Shepparton, Cobram, Kyabram, Numurkah, Mooroopna, and surrounding towns, there are people who can talk with you privately about sexual health or pregnancy. You may want help with:

- problems with your periods
- information on how to protect yourself from illnesses
- options and support if you are pregnant
- access to contraception

If you are pregnant in Australia, it is very important that you speak to a health professional like a General Practitioner about your options and support as soon as possible.

Some services cost money and some services are free even if you don't have a visa with Medicare. You can ask for a free interpreter.

NCN Health, Obstetrics/Gynaecology & Community Midwife	The Community Midwife services are free, Ob/Gyn services may have costs	03 5862 0560 Numurkah or 03 5871 0900 Cobram
Meryula Sexual Health Clinic	Free, but any outside services like tests or medicines will cost money	1800 222 582
Primary Care Connect Sexual Health Clinic	Free service. Sexually Transmitted Infections testing, and some contraception provided for free, even with no Medicare.	03 5823 3200
Caroline Chisholm Society	Free service. Support for new parents.	03 5821 0826 15A St Andrews Road, Shepparton
The Bridge Youth Service	Free. No Medicare needed. Support for young parents.	03 5831 2390
Family Care	Free. No Medicare needed. Support for new parents.	03 5823 7000
Well Women's Clinic at Kyabram District Health	Some parts of this Women's Health Service may cost money	03 5857 0200