

There are plenty of people who you can talk to about hepatitis B and hepatitis C. Sometimes it can be helpful talking to family or friends, if you feel confused or upset.

Health workers, counsellors, youth workers and other professionals will be able to help you find specialist information if they don't know the information themselves. Here are some ideas of places to go and people to talk to if you've got more questions or need some help:

- **LiverLine** 1800 703 003 liverwell.org.au
- Your local **GP**
- **The Better Health Channel** betterhealth.vic.gov.au
- **Kids Helpline** 1800 55 1800 kidshelpline.com.au
- **NURSE-ON-CALL** 1300 60 60 24
- **Youth Drugs and Alcohol Advice** yodaa.org.au
1800 458 685

Source data:

LiverWELL (2024), 'Hepatitis B', retrieved from <https://liverwell.org.au/liver-conditions/hepatitis-b/>

LiverWELL (2024), 'Hepatitis C', retrieved from <https://liverwell.org.au/liver-conditions/hepatitis-c/>



Stigma and Discrimination

FLASH CARDS



It is important to have open and respectful conversations about hepatitis B and hepatitis C.

People living with hepatitis B or hepatitis C can face stigma and discrimination. It can have lifelong effects and may stop their ability to feel safe and ask for help. Stigma and discrimination can be obvious in language and behaviour, but it can also be through less obvious ways (we can't see it).

Anyone can be at risk of hepatitis B and hepatitis C. It is up to everyone to help raise awareness and to challenge stigma and discrimination. Everyone has the right to be treated fairly.

Instructions:

Set up:

1. Form small groups
2. Each group will receive a picture card

Activity

- Talk about what is happening in the pictures and what it means to you.
- Use the prompt questions to help think about the picture and how it relates to hepatitis B and hepatitis C.