

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](http://liverwell.org.au)
- Your local **GP**
- **The Better Health Channel** [betterhealth.vic.gov.au](http://betterhealth.vic.gov.au)
- **Kids Helpline** 1800 55 1800 [kidshelpline.com.au](http://kidshelpline.com.au)
- **NURSE-ON-CALL** 1300 60 60 24
- **Youth Drugs and Alcohol Advice** [yodaa.org.au](http://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/>



# Finding Support FLASH CARDS



Always ask for help.

There is always someone who can help you.

## Instructions:

### Set up:

1. Form small groups (up to 10)
2. Hand out the 'support cards' to each group

### Activity

1. As a group, discuss:
  - a. What kind of services and information would this type of service have?

## Reflection

Think about where you would go or what would you do...

- » to find out more information about viral hepatitis.
- » to get tested, treated or vaccinated.
- » if you are concerned about a transmission risk of viral hepatitis.
- » if you wanted to find a service that you identify with that could support your needs.

What are some of the challenges or difficulties you would have in finding support for viral hepatitis? (Or any other health-related situations).

Any other services, places or people that could help?