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Our Mission

My Health Our Health (MHOH) is a program, which is funded by the Department of Health. MHOH adopts a holistic approach to deliver health and blood-borne virus prevention and education services to ethnic communities in culturally and linguistically appropriate ways.

The focus is on preventing blood borne viruses and STI's, however, we will also provide information about testing and treatment.

We aim to address the stigma of blood borne viruses and STI's in CALD communities through improved knowledge and access to services.

MHOH is run by young CALD community leaders. We hope to empower youth to help them achieve their true potential in life.

Focusing on HIV & STI'S

In the early stages of the MHOH program, we were focusing on creating awareness mainly around Hepatitis. Several different CALD community groups were informed and screened for Hepatitis.

Following on from the successful Hepatitis promotion, we are now focusing on creating awareness around HIV & STI'S. To further explain, we are promoting the various health services around the Perth Metropolitan area, where CALD community members can be better informed and screened for HIV & STI's.



The African Australian CALD community promoting HIV health and available resources

Photo Credit: Western Australian Aids Council

How Are The Four Big WA Universities Helping?



Universities are the ideal institute to educate and create awareness to CALD youth about HIV & STI'S. Universities are a safe space where conversations can take place both in

private and in open forums at information sessions. CALD community members may not feel comfortable discussing HIV & STI'S at home due to certain stigmas attached. Therefore, the Universities are available to have these conversations and become better educated about sexual health.

Murdoch, Curtin, UWA and

ECU are encouraging international students & CALD background students to reach out to the campus health center for more information. University health centers will inform students where they can access prescriptions, how to access health services and rebates and much more.



Curtin University

HIV QUICK FACTS

What does HIV Stand for?
Human Immunodeficiency
Virus

**What does AIDS stand
for?**
Acquired Immune Deficiency
Syndrome

**What is the difference be-
tween HIV & AIDS HIV?**
HIV is a virus that attacks the
immune system and weakens
the body's ability to fight infec-
tions and can be transmitted

from one person to anothe-
r. There is no cure for
HIV.

How can you get HIV? 1)
Sharing injecting drug equip-
ment
2) Unprotected sexual con-
tact: having unprotected
oral, vaginal or anal sex with
someone who has HIV, in-
cluding sharing sex toys.
3) Mother to child: May
occur while the child is in

utero (in the womb), during
childbirth or breastfeeding.

For more information on
HIV/Aids, please visit:
[http://wa aids.com/itemlist/
category/20-cald-
communities.html](http://wa aids.com/itemlist/
category/20-cald-
communities.html)



*Interested in
culturally
appropriate
information
sessions for your
community or
group? Contact
the MHOH Team
on 9328 2699*

WHERE CAN YOU GET A HIV TEST?

M Clinic
(for men who have sex
with men)
www.mclinic.org.au
(08) 9227 0734

**Royal Perth Hospital Sexual
Health Clinic**
Ainslie House, Murray St Perth
(08) 9224 2178

Perth Medical Centre
713 Hay Street, Perth
(08) 9481 4342

SHQ
www.shq.org.au
Sexual Health Helpline:
(08) 9227 6178 (metro)
1800 198 206 (regional)

Derbarl Yerrigan
(Aboriginal Health Service)
156 Wittnoom Street, East
Perth
(08) 9421 3801
Mirrabooka— (08) 9344 0444

**Telephone Interpreter Service
(TIS)**

To use an interpreter over the tele-
phone.

Telephone: 131 450



**You can get a HIV test at the Perth Medical Centre, which is
located at 713 Hay Street, Perth**

CALD Community

Photo Gallery

MHOH would like to share some of the achievements from the CALD community.

The boys from the Northern City Soccer League have been training hard all season.



UPCOMING EVENTS

There are a series of community events and information sessions taking place at different Universities between the months of **October—December**.

Stay tuned to find out more information



The boys from 11 different African Communities receiving their award for participating in the Northern City Soccer League.

