



PROFESSIONAL HELP

Professional help may include assessment, information, counselling, medical treatments, and complementary or alternative therapies.

Medical treatments include menopause hormone therapy (MHT). MHT is the most effective treatment for symptoms related to the hormonal changes of menopause, is also beneficial for bone health, and may decrease cardiovascular disease. Non-Hormonal Menopause Treatments are also available for women who for medical reasons or reasons of choice, wish to avoid MHT.

THE CANBERRA MENOPAUSE CENTRE

The Canberra Menopause Centre is a specialised service for people seeking information, support, and medical management of menopause. It is staffed by experienced female doctors who have a particular interest in this area.

MAKING AN APPOINTMENT

You may self-refer to the service or request a referral by your treating GP. We request that you complete a medical information questionnaire prior to attending the initial doctor's appointment. To ensure that our doctors with a special interest in menopause have the opportunity to discuss your concerns, we offer longer appointments.

For more details contact us during office hours on **02 6247 3077** or email shfpact@shfpact.org.au



VIST THE CANBERRA MENOPAUSE CENTRE WEBSITE
shfpact.org.au/menopause-centre-of-canberra



VIST THE JEAN HAILES WEBSITE
menopause.org.au/health-info/fact-sheets



VIST THE AUSTRALASIAN MENOPAUSE SOCIETY WEBSITE
menopause.org.au/health-info/fact-sheets

OPENING HOURS

Please contact our reception staff on 02 6247 3077 or visit shfpact.org.au for SHFPACT clinic hours

LOCATION

SHFPACT is conveniently located in the city.

Level 1,
28 University Avenue
Canberra ACT 2601

CONTACT

02 6247 3077
shfpact@shfpact.org.au
0400 770 999 (SMS ONLY)

ENGAGE

shfpact.org.au
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DONATE

All donations to SHFPACT over \$2.00 are tax deductible

SHFPACT CLINICAL SERVICES

- Contraceptive advice, information and services
- IUDs and other long acting contraceptive options
- Cervical screening
- Canberra Menopause Centre
- Unplanned Pregnancy Counselling Service
- Sexually transmissible infections (STIs): testing, treatment and advice
- Blood borne virus and HIV testing
- Emergency contraception (the 'Morning After' Pill)
- Breast checks and breast awareness education
- Fertility issues and pre-conception advice
- Sexual difficulties and sexuality education
- PrEP information, advice, and prescriptions

SHFPACT is a health promotion charity (HPC) assisted with funding from the ACT Government.
*Health information produced by SHFPACT that describes gendered health needs and issues is not intended to exclude trans and gender diverse people. Please seek advice from your health professional regarding health risks that relate to the interaction of biological sex, and other therapeutic intervention including hormonal medication.

I'M ALL ABOUT

MENOPAUSE



Sexual Health and Family Planning ACT
Level 1, 28 University Ave, Canberra City
Call 02 6247 3077 • SMS 0400 770 999
or email shfpact@shfpact.org.au

shfpact.org.au

Last updated April 2021