

MOSAIC

HIV and Hepatitis C Services

To talk to someone, call:
(08) 8223 4566 - Metro Callers
1800 182 325 - Country Callers

Relationships Australia

SOUTH AUSTRALIA™



**Government
of South Australia**

SA Health

MOSAIC (South Australian Community Support and Counselling Service for People with HIV/AIDS and Hepatitis C) is funded by the Government of South Australia, Department of Health through the HIV and Hepatitis C Policy and Programs.

Free and confidential

- Counselling
- Support
- Advocacy
- Information
- Education

**for people who are living with
and affected by
HIV and Hepatitis C**



Relationships Australia

SOUTH AUSTRALIA™

MOSAIC is a service of Relationships Australia South Australia Health Promotion Services

MOSAIC services are free and confidential and each client is treated with dignity, respect and cultural sensitivity.

We provide counselling, support, advocacy, information and education to improve the physical, mental, emotional and social health and well being of individuals and couples living with HIV and Hepatitis C.

The service is also available to people whose lives are affected by HIV and Hepatitis C, including family or carers of someone who has been diagnosed with, is living with, or at risk of HIV or Hepatitis C.

MOSAIC services offers:

- Counselling (brief interventions and longer term therapeutic counselling)
- Information and education on HIV and Hepatitis C
- Referral to relevant health, welfare, social and community services
- Support in communicating with other agencies
- Group programs to promote personal management skills to maximise your wellness when living with a chronic illness.

MOSAIC services can:

- Assist you to respond to the challenges of living with HIV or Hepatitis C
- Help you to identify your personal strengths and resources
- Assist you to bring about desired change in your life
- Support you to explore new ways of responding to life and its challenges.

MOSAIC counselling services are able to talk with you about:

- recent diagnosis of HIV or Hepatitis C
- treatment issues
- nutrition, exercise, stress management, lifestyle issues
- the impact of living with a chronic illness
- alcohol and other drug use
- feelings of depression, anxiety, panic, anger
- grief and loss
- relationships and family issues
- effects of stigma and discrimination
- sexuality and sexual health.

MOSAIC services are available from a variety of Relationships Australia (SA) offices and outreach locations. We are able to provide telephone information, support and counselling for country callers.