SA Health

International Student Health and Wellbeing Fact Sheets

These health care fact sheets have been prepared by SA Health in partnership with the Department of Further Education, Employment, Science and Technology, with contribution by Multicultural Youth South Australia Inc. as recommended by the Health in All Policies International Students Project.

The fact sheets are to be used as a general guide only and should not replace professional health care advice.

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Government of South Australia

SA Health

International Student Health and Wellbeing:
Five Key Messages

1. Look after your health.

Take time to take care of your health. This includes taking care of your emotional, physical and sexual health, such as eating right, getting lots of sleep, catching up with friends and having fun. Staying healthy will help your studies.

Emotional Wellbeing

General Health and Wellbeing

Sexual Health

2. If you are sick or concerned you may have a health problem, visit a General Practitioner (GP) first.

In Australia a General Practitioner is a doctor who works in offices in the community, not in hospitals. They treat colds and flu's, general health issues such as diabetes, and minor injuries. You should only seek help in a hospital emergency room if you are in a life-threatening situation and have a health emergency.

If you go to a hospital emergency department and it is not an emergency, you will be asked to wait a long time (several hours) to be seen by a doctor. You will be seen once people who need emergency care are treated.

If you ARE in an emergency situation and you think you need an ambulance, phone Triple Zero (000) immediately.

Doctors and Hospitals

3. *HealthDirect* Australia is a health advice telephone line, available 24 hours a day, 7 days a week. They provide expert advice.

Call *HealthDirect* Australia on 1800 022 222 (calls are free from landline telephones, although charges may apply from mobiles).

Another option is to visit your local chemist or pharmacy, to talk with the pharmacist about minor illnesses and medicines. They can help to answer any questions you might have, and suggest what to do next.

4. Understand your Overseas Student Health Cover (OSHC) and how to use it.

Overseas Student Health Cover (OSHC) is insurance to help international students with the cost of medical and hospital care in Australia.

Remember to take your OSHC card with you to all medical appointments.

Overseas Student Health Cover (OSHC)

5. If you are unsure, just ask.

Never be afraid to ask your education provider, teacher, student services officer or health professional for advice.

For information and advice on all aspects of living, working and studying in South Australia, contact the Office of the Training Advocate: www.trainingadvocate.sa.gov.au

Fact Sheet 1: International Student Health and Wellbeing

Overseas Student Health Cover (OSHC)

Overseas Student Health Cover (OSHC) is insurance to help you with the cost of medical and hospital care while you are in Australia. OSHC will also pay limited benefits for pharmaceuticals (medicines) and ambulance services.

Why do I need OSHC?

International students undertaking formal studies in Australia, and any dependents (e.g. spouses and children under 18), must have OSHC while they remain on a student visa.

Hospital and other medical treatments in Australia can be very expensive for international students. This is because international students are not covered under the Australian Government's 'Medicare' public health insurance system.

If you have an accident or get sick, the OSHC provider will pay some or all of your medical costs. This includes visits to a GP, some hospital treatments, ambulance travel, and some pharmaceutical items.

Do I need extras cover?

Generally, OSHC does not cover dental (teeth) or optical (eye) services, or other allied health services such as chiropractic or physiotherapy. If you want to be covered for these treatments, you will need to buy additional insurance or 'Extras' cover, such as:

- Extra OSHC, provided by some OSHC providers;
- International travel insurance; or
- General treatment cover with an Australian private health insurer. You can find a list of these providers, and search for the one that suits you best, at www.privatehealth.gov.au or www.iselect.com.au

If you already have a health issue in any of these areas, you should consider having 'Extras' cover. If you do not have 'Extras' cover and, for example, you need to get new glasses or visit a dentist, you will have to pay the full fee. This can be very expensive. For more information, speak to your OSHC provider or visit www.privatehealth.gov.au

Waiting periods and exclusions

It is important to know that OSHC providers often have waiting periods for pre-existing health issues. Sometimes, the waiting period is just three months, but for other services it can be up to 12 months. During this time you will not be covered for certain treatments, including some dental and optical services.

In the first 12 months, OSHC does not provide payments for pregnancy and birthing services. Procedures considered not 'medically necessary', such as non-essential plastic surgery, are also usually not covered.

If you have any questions about the level of insurance cover you need, speak to your OSHC or education provider.

How much does it cost to visit a doctor or health care provider?

The Australian Government sets standard fees which are charged by doctors and health care providers. This is sometimes called a 'scheduled' fee. When you book your appointment, always ask how much it will cost so you can put that money aside in your budget.
IMPORTANT: take your OSHC card to all appointments.

What is direct billing?

Direct billing (sometimes called bulk billing) is a process that saves you paperwork. Some OSHC providers have agreements with GP's to provide international students with a 'direct billing' service. This means your GP will send the bill directly to your OSHC provider, and you will probably not have to pay anything, or put in a claim form.

If your GP does not 'direct bill' to your OSHC provider, you will need to pay the full fee on the day of your appointment. You can then put in a claim to your OSHC provider, who will pay you back some or all of the fee.

Ask your OSHC provider (or check their website) to see which doctors they have agreements with.

Overseas Student Health Cover (OSHC)

What is a 'gap'?

Some doctors charge more than the Australian Government's standard fee. This is sometimes called a 'gap' fee, or an 'out-of-pocket expense' or a 'co-payment'. For example, if the standard fee is $37.50 and the doctor charges $50 for a consultation, the 'gap' is $12.50. You need to pay this fee at the time of your appointment – it is not covered by your OSHC provider.

How do I make a claim?

There are 3 ways to make a claim:

1) Swipe your OSHC or private health care card at the GP's office or medical centre; or
2) Visit your OSHC or private health care provider; or
3) Go online and download a claim form.

If you have any questions about making a claim, speak in person to your OSHC provider or look for advice on their website.

What are my responsibilities?

As part of your visa conditions, the Department of Immigration and Border Protection requires you to maintain OSHC insurance cover for the whole time you are in Australia. For further information, please visit the Department of Home Affairs website.

What if I go on holidays or visit my home country?

Some OSHC providers will temporarily stop your insurance when you leave Australia, and start it again when you return. If you are leaving Australia for a long time, some providers will also increase the length of your insurance cover. If you stop your studies and leave Australia early, and are not planning to come back, you can apply for a refund for any remaining insurance fees. Speak to your provider if you plan to leave Australia either for a holiday or permanently and always notify them of your plans.

What if I have a problem with my OSHC insurance provider?

If you have any problems with your OSHC insurance provider, speak to your education provider. You can also talk to the Private Health Insurance Ombudsman, who provides free help to people with health insurance questions and complaints.

Private Health Insurance Commonwealth Ombudsman
Telephone: 1300 362 072
(calls by mobile phones at mobile phone rates)
8.30am-4.30pm (SA Time) Monday-Friday
Website: www.ombudsman.gov.au

Which insurance companies offer OSHC?

OSHC is offered by 6 Australian registered health insurance companies:

Australian Health Management
www.ahmoshc.com

BUPA Australia
www.bupa.com.au/health-insurance/oshc

CBHS International Health
https://www.cbhsinternationalhealth.com.au/overseas-students-oshc

Medibank Private
www.medibank.com.au/oshc

NIB OSHC
www.nib.com.au/overseas-students

OSHC Allianz Global Assistance
(formerly OSHC Worldcare)
www.oshcallianzassistance.com.au

Need more information?

Study Adelaide
http://studyadelaide.com

Study in Australia
http://studyinaustralia.gov.au

Department of Home Affairs
http://immi.homeaffairs.gov.au/help-support/meeting-our-requirements/health

Private Health Insurance Commonwealth Ombudsman
www.ombudsman.gov.au

PrivateHealth.gov.au
http://www.privatehealth.gov.au

If you have any questions about OSHC, call the Department of Health on 1800 020 103 (free call from a landline telephone anywhere in Australia) or email privatehealth@health.gov.au.

Fact Sheet 2: International Student Health and Wellbeing

Doctors and Hospitals

When do I need to go to a doctor?

If you feel sick, with a bad cold or flu for example, or you need a general health check-up, the first person you should see is a General Practitioner or GP. In Australia, a GP is a doctor who works in an office or clinic in the community, not in a hosptial.

Please do not go to a Hospital Emergency Department unless you have a health emergency or your life is in immediate danger.

Hospital emergency rooms often become full of people who want treatment for minor injuries, colds and headaches. This means you might wait several hours to see a doctor in an emergency room. In Australia, it is inappropriate to go to a Hospital Emergency Department unless you have a health emergency or your life is in immediate danger. You will still receive the care you need by visiting a GP. Doctors and nurses are placed under additional pressure when people seeking treatment for minor ailments go to hospital. This also threatens the lives of patients who are in genuine need of quick attention.

Where can I find a GP?

GPs either work in a private doctor's office or in a medical centre. At both places, the service you get from GPs is the same. Your doctor will be highly qualified, and will treat your case with complete confidentiality. But there are some small differences, and they are listed below.

Private GP's Office	Medical Centre
You need to book an appointment in advance, and you might not get to see a GP that same day.	Often, no appointment is necessary. You can walk into a medical centre at any time, put your name on the list and you will be called when a GP is available. This might be an hour or two.
You must pay to see the GP (costs vary).	GP services at a medical centre are often direct billed, so you don't have to pay.
Each time you visit, you will be able to see the same GP. This means the GP will become familiar with your medical history.	Each time you visit, you might see a different GP. This means you will always need to explain your medical history.
Usually open during working hours only. Open Monday-Friday (except public holidays).	Usually open for extended hours every day. Very few medical centres are open on public holidays. If you are in an emergency, go to a hospital or call *HealthDirect* Australia for advice on 1800 022 222.

As an international student, you can see any GP you like. However, you will save money and paperwork by going to a 'direct billing' GP. See the Overseas Student Health Cover Fact Sheet for information about GP's fees.

If you need help to find a GP in your local area, telephone HealthDirect Australia on 1800 022 222 (free call from a landline telephone, charges may apply for mobile phone calls).

You can also visit the National Health Services Directory website: http://www.nhsd.com.au/ or download their mobile phone app: http://www.nhsd.com.au/download-app

National Health SERVICES DIRECTORY

Another way to find a GP is to search under 'Medical Practitioners' in the Yellow Pages: www.yellowpages.com.au

How do I make an appointment?

If you want to see a GP in a private doctor's office, you need to telephone first to book an appointment. Make sure you write down the date, time and address of your appointment. Remember to always be on time and take your OSHC membership card. If you cannot go to your appointment, you should call and cancel as soon as possible.

If you want to see a GP in a medical centre, you can either call to make an appointment or simply walk in and ask to see a GP. However, you will need to wait for the first available appointment.

If needed, a GP will refer you to hospital or a specialist health care provider for emergency or specialist treatment (a 'specialist' is a doctor with a higher medical qualification in a specific area of medicine, such as a surgeon).

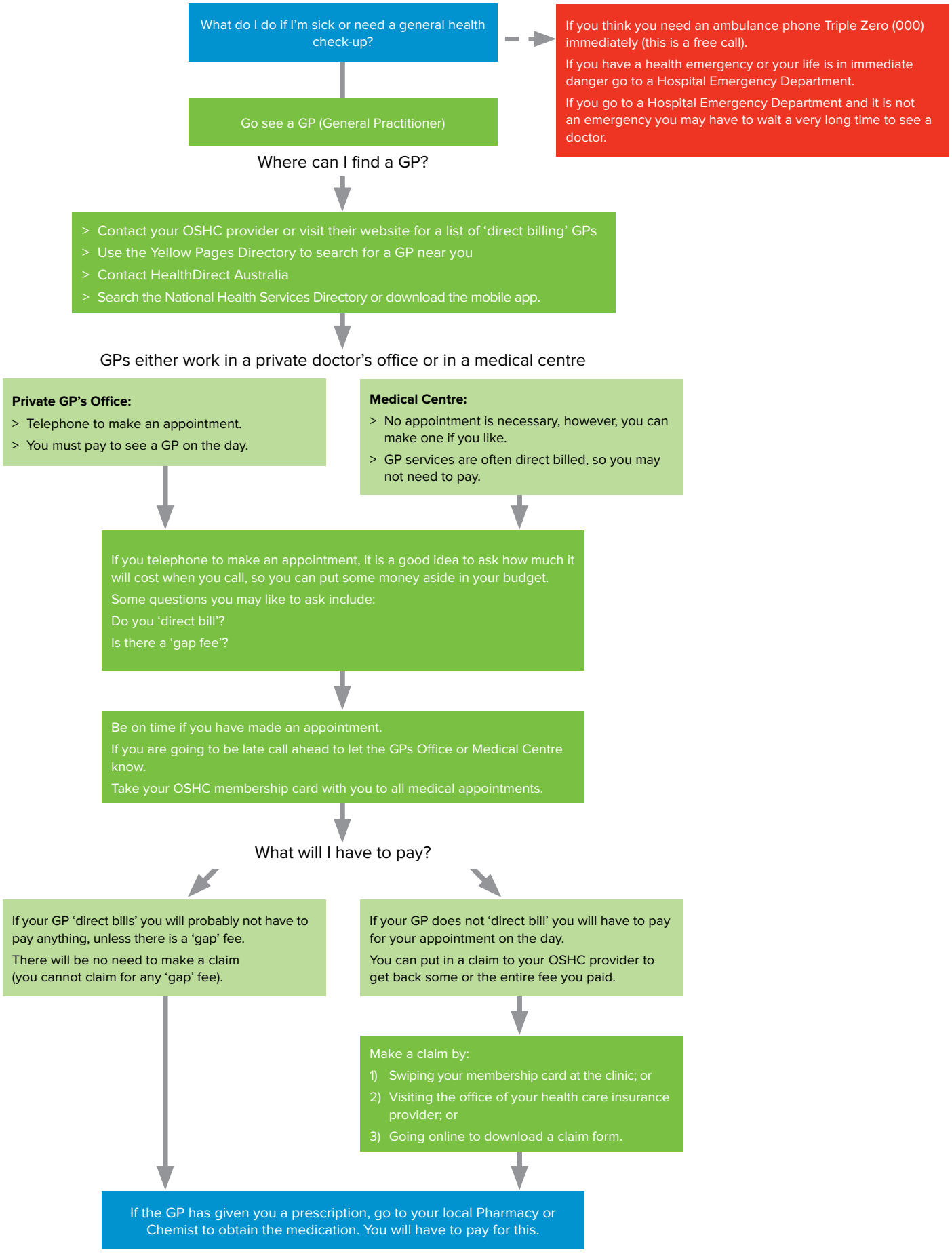
How do I pay for a doctor?

Refer to the Overseas Student Health Cover Fact Sheet.

Overseas Student Health Cover (OSHC)

How can I access GP services?

In Australia, you do not have to go to hospital to see a doctor. You can see a doctor (also known as a GP or General Practitioner) in their private practice or medical centre, with part or the entire GP's fee being covered by OSHC.



When should I go to a hospital?

Go to hospital if you have a medical emergency or if you have been referred by a doctor. A medical emergency is a situation where your life or health is in **immediate** danger, for example a serious illness or injury, drug overdose, poisoning or a severe asthma attack.

For **immediate emergency medical help**, always dial **Triple Zero (000)** (this is a free call) and ask for an ambulance. An operator will request your location. When the ambulance officers arrive they will provide immediate medical assistance and might transport you to hospital.

If you are unsure about needing to go to hospital, contact *HealthDirect* Australia on 1800 022 222 (free call from a landline telephone, charges apply for mobile phone calls) or visit http://www.healthdirect.org.au/.

Below is a list of major public hospitals in Adelaide:

Major Public Hospitals in Adelaide		
Southern Suburbs		
Flinders Medical Centre	Flinders Drive, Bedford Park	Telephone: 8204 5511
Noarlunga Hospital	Alexander Kelly Dr, Noarlunga Centre	Telephone: 8384 9222
Adelaide CBD		
Royal Adelaide Hospital	Port Road, Adelaide	Telephone: 7074 0000
Women's and Children's Hospital	72 King William Rd, Adelaide	Telephone: 8161 7000
North / North Eastern Suburbs		
Lyell McEwin Hospital	Haydown Road, Elizabeth Vale	Telephone: 8182 9000
Modbury Public Hospital	Smart Road, Modbury	Telephone: 8161 2000
Western Suburbs		
Queen Elizabeth Hospital	Woodville Road, Woodville	Telephone: 8222 6000

Fact Sheet 3: International Student Health and Wellbeing

Medications, The Dentist and Allied Health Services

My teeth hurt. What should I do?

Another kind of doctor you might need to see in Australia is a dentist. You will find local dentists in the Yellow Pages telephone directory: www.yellowpages.com.au.

Dental treatment is often covered under 'extras' in private health insurance. It is worth considering as part of your OSHC insurance because visiting the dentist can be very expensive in Australia. If you do have cover for dental, make sure you read your OSHC policy and know exactly what dental procedures you are covered for.

For more information, see the Overseas Student Health Cover Fact Sheet, speak to your OSHC insurance provider or visit this website: www.privatehealth.gov.au.

If you need urgent dental treatment, the Adelaide Dental Hospital (Colgate Clinic) may be able to help you straight away. If you do not need urgent treatment, the clinic will give you an appointment with the next available dentist. For more information, contact:

Adelaide Dental Hospital
Corner of North Terrace and George St
(located on levels 11 and 12 of the University of Adelaide Health & Medical Sciences Building)
ADELAIDE SA 5000
Telephone: 1300 008 222

If one of your teeth has fallen out and you are in serious pain, you might need to go to a hospital emergency department for help. See the Doctors and Hospitals Fact Sheet for a list of public hospitals. For all other dental problems, telephone *HealthDirect* Australia on 1800 022 222.

Where can I get pharmaceuticals (medication)?

In Australia, medications might be dispensed differently from your home country.

Generally you will not receive medication from a GP. However, if a GP decides you need medication, they will write you a prescription which lists your details, your GP's details and the name and quantity of the medication you should receive. You must take this prescription to a chemist or pharmacy, and the pharmacist will provide you with the medication.

You should never take prescription medication that belongs to someone else or has not been approved by a doctor for you. This can put your health at risk. For more information, speak to your local pharmacist or telephone *Healthdirect* Australia on 1800 022 222.

Over-the-counter medication

For things like the flu, a sick stomach, cold or headache, you can buy over-the-counter medication for pain relief or fever. 'Over-the-counter' means you do not need a prescription from a GP. You can get this medication from a chemist (also known as a drugstore or pharmacy) and some supermarkets.

Alternative medicines

You can also get medication from complementary health practitioners such as Chinese health practitioners, naturopaths and herbalists. You should always tell a doctor what medications you have been given by these practitioners, because some medications can seriously interfere with prescription medicines.

Purchasing medication over the internet

Medications can be obtained over the internet. However, often the safety of these products is not known. It is always safer to get medications from a chemist or pharmacy in South Australia.

How can the pharmacist help me?

Pharmacists are trained health care professionals and can give you advice on what medication is right for you. Pharmacists can also help you with general health care information or advice on a variety of health issues.

Can I claim for prescription medicines?

You may be able to claim for part of the cost of prescription medicines. Part of the cost is set by the Australian Government under the Pharmaceutical Benefits Scheme (PBS), and you can't claim that amount. However, sometimes medication may cost more than the set fee, and you can claim the additional amount.

For example, if the government fee is set at $35.30 per item and the medication costs you $47.00 you may be able to claim and be reimbursed for the extra $11.70. If the medication costs you less than the set rate of $35.30 you will not be able to claim anything.

Check what the current government fee is by contacting your OSHC provider, and check if there are any limits to how much you can be reimbursed for – usually limits apply.

You must keep your receipt for the prescription medication to make a claim with your OSHC provider.

Medicines purchased without a prescription such as headache tablets can't be claimed.

What are allied health services?

Allied health services include treatments like psychology and physiotherapy, which are carried out in Australia by trained health care professionals. You can make an appointment to see an allied health professional without having a referral from a GP, although a GP may also recommend you see an allied health service provider if relevant. Some medical centres, such as GP Plus Clinics, and community health centres also provide onsite allied health services.

Below is a list of some allied health professional services, and how they can help you. Remember that OSHC does not generally cover allied health services. If you want to be covered for these treatments you will need to buy additional private health insurance or 'extras' cover, such as:

- Extra OSHC provided by some OSHC providers
- international travel insurance, or
- general treatment cover with any Australian private health insurer.

You can find a list of these providers and search for the one that suits you best at: www.privatehealth.gov.au or www.iselect.com.au.

For more information refer to the Overseas Student Health Cover Fact Sheet.

Allied Health Service	Description
Psychology (emotional wellbeing)	A psychologist offers help for a wide range of mental health issues such as anxiety, depression or stress.
Optometry/Optical (sight/eyes)	An optometrist prescribes and fits lenses/glasses to improve vision, and treats various eye diseases.
Physiotherapy (muscle pain/ musculoskeletal injuries)	A physiotherapist treats musculoskeletal injuries such as sports injuries, back pain, sprains and strains.
Chiropractic (bones)	A chiropractor performs spinal adjustments to realign the joints of the spine and treat problems such as back and neck pain.
Podiatry (feet)	A podiatrist treats foot conditions such as ingrown toenails.
Pharmacy/chemist (dispensing medication)	A pharmacist prepares and dispenses medicines and advises on appropriate use of medication.

Fact Sheet 4: International Student Health and Wellbeing

Emotional Wellbeing

What is emotional health?

Emotional health is about feeling content and happy. Your time in Australia will be affected by many things: how you cope with a different culture and language; how safe and welcome you feel; and how much fun you have.

It's important to be aware of factors that lead to poor emotional health. These include: depression (feelings of great sadness); anxiety (feelings of fear and worry); stress (feeling like you have too much to cope with); homesickness (missing home, family and friends); social isolation (spending too much time alone); and loneliness (having no friends).

What is stress?

Stress usually means you are feeling tense and anxious. This could include worrying about your studies, exams, work, family, relationships or homesickness. Most people get stressed from time to time, but too much stress can lead to physical and emotional health problems and might affect your studies.

How do I recognise depression and anxiety?

We all feel sad from time to time, but some of us have these feelings more often, more strongly or for a longer period of time. If you are feeling depressed, you might find it hard to cope each day. In some cases you will not want to see your friends, you might start missing classes, and you will not feel like participating in activities you normally enjoy.

Some people also feel anxious and fearful. This could be due to concerns about exam results, money and work pressures and severe homesickness.

If you feel any of these things, it is important to ask for help as soon as possible. Remember, depression is a serious illness, but it can be treated.

Can a GP help with anxiety and depression?

Yes, a GP can help you with anxiety and depression. The doctor will talk to you about your feelings and might prescribe medication or refer you to a mental health specialist.

You will need to make an appointment to see this mental health specialist and provide them with your doctor's referral. Remember to check with your OSHC insurance provider about possible waiting times for specialist health care.

I am worried about my friend or relative's emotional wellbeing - how can I help them?

The best thing you can do is listen to their concerns and encourage them to seek help from a GP or one of the services listed on this fact sheet.

What can I do to improve and maintain my emotional wellbeing?

> Be active: exercise makes you feel good, sleep better and will help your emotional health.

General Health and Wellbeing

> Maintain a healthy diet.
> Do not drink too much alcohol: it can make depression worse.
> Interact with others: talk to people you trust about how you are feeling.
> Learn something new: try a new sport or musical instrument.
> Make some English speaking friends and improve your English language skills at the same time. Having a network of friends is a great support mechanism.

Who can I speak to for more help?

A number of free, confidential telephone and online services are available, 24 hours a day.

- Telephone **Lifeline** on 13 11 14 to talk to someone about how you are feeling.
  Telephone: 13 11 14 (24 hours, 7 days)
  Most calls to 13 11 14 from a landline will be charged the cost of a local call; calls to 13 11 14 from mobiles are free.
  Website: www.lifeline.org.au/
- *BeyondBlue* provides information and help for people who have depression, anxiety and other emotional problems. Call 1300 22 4636.
  If you need a translator, *BeyondBlue* will arrange this for you.
  Telephone: 1300 22 4636 (24 hours, 7 days)
  Local call fee cost, could be more from mobiles
  Website: http://www.beyondblue.org.au/
- **Headspace** provides mental health support to 12 - 25 year olds. You can visit a Headspace centre for free or low cost. Visit the website for information and centre locations www.headspace.org.au
- Telephone *Healthdirect* Australia on 1800 022 222 for expert medical advice from a registered nurse (free call from landline; charges may apply for mobile calls) or visit http://www.healthdirect.org.au/service/mindhealthconnect.
  HealthDirect is a free 24-hour telephone health advice line staffed by registered nurses to provide expert health advice
  Telephone: 1800 022 222
  Website: http://www.healthdirect.org.au

Remember, if it is an **emergency or your life is in immediate danger you must call Triple Zero (000).**

Need more information?

If you have any further questions or concerns about your emotional wellbeing, speak to your international student services counsellor, a GP or one of the services listed on this page.

General Support: Studying, Living or Working in SA

Office of the Training Advocate
Telephone: 1800 006 488
Website: http://www.trainingadvocate.sa.gov.au

Education Adelaide (Study Adelaide)
Telephone: 8410 1311
Website: http://studyadelaide.com/

Fact Sheet 5: International Student Health and Wellbeing

General Health and Wellbeing

What is health and wellbeing?

Health and wellbeing is about feeling well and being happy with life. It includes your physical wellbeing (body), emotional wellbeing (feelings) and spiritual wellbeing (religion, faith, spirituality). General wellbeing is affected by your lifestyle, what you eat and drink, and how much you study, work, sleep, exercise and socialise.

How do I know if my health is at risk?

To stay healthy, you need to make healthy choices every day. That means avoiding behaviours that can seriously affect your physical health, including:

- Smoking
- Drinking too much alcohol or taking recreational drugs
- Unhealthy eating
- Being inactive
- Lack of sleep.

Smoking

It is a well-accepted fact that smoking is bad for your health and can cause a range of problems including emphysema, high blood pressure, heart disease and lung cancer.

Quitting cigarettes at any time – even if you have smoked for years – will help your health. For more information and help to quit smoking, visit: www.quitsa.org.au

Alcohol

Alcohol is a drug that can affect the way your body functions and how you think, feel and behave. In Australia, drinking alcohol is part of the culture and way of life. However, people who drink too much alcohol can put their health at risk and affect their relationships with other people.

What do I need to think about if I plan to drink alcohol?

As alcohol can affect everyone's bodies differently, there is no amount of alcohol that can be said to be safe for everyone. There can often be some risk to your health and wellbeing if you choose to drink. However, there are ways to minimise the risks to make sure you stay within low risk levels and don't get to a stage where you have difficulty controlling your drinking or your actions.

Some tips to reduce the risk to your health and wellbeing when drinking are:

- Set a limit of the number of drinks you will have at an event and stick to it
- Eat before or while you are drinking
- Drink water and other non-alcoholic drinks in between your alcoholic drinks
- Say no when you know you've had enough
- Don't mix alcohol with other drugs
- Drink each drink slowly
- Keep an eye on your drink - don't leave your glass or bottle unattended
- Plan how you will get home safely in advance.

For more information on alcohol and its effects visit: www.sahealth.sa.gov.au/dassa or www.alcohol.gov.au, or refer to the Australian national guidelines for alcohol consumption.

Safe transport

Alcohol can impair your ability to drive safely, and in Australia, it is illegal to drive with a blood alcohol level of 0.05mg or more. To avoid the risk of harm to yourself and others alcohol should be avoided before and during driving, particularly if you cannot be certain that you are under the legal limit for alcohol in the blood. If you are stopped by the police and found to be over the legal limit, you may be charged with an offence and have to go to court. Any offences might also impact your student visa.

General Health and Wellbeing

If you are planning to go out and drink alcohol it is important that you arrange a way to get home. This could be by public transport, taxi or organising for one of your friends (who isn't drinking) to drive you.

What is a standard drink?

In Australia, alcohol is measured as a 'standard drink'. A standard drink contains 10 grams of pure alcohol. It is important to note that glass sizes used in restaurants and bars vary and are often more than one standard drink. The labels on alcoholic drink bottles and cans tell you the number of standard drinks they contain. For more information on standard drinks, visit: www.sahealth.sa.gov.au/dassa or www.alcohol.gov.au.

Who can I speak to for more help?

If you think you might be drinking too much alcohol, you should seek help. Try talking to a GP, family member, friend or your international student support officer. For more information and help, telephone the South Australian Alcohol and Drug Information Service on 1300 131 340 or visit: www.sahealth.sa.gov.au/dassa

Recreational Drug Use

Recreational drugs can be legal (such as alcohol, caffeine and tobacco) or illegal (such as cannabis/ weed, amphetamines, ecstasy, cocaine and heroin). These drugs can change the way your body functions and how you think, feel and behave.There is no safe way to use illegal recreational drugs because you can never be sure what you are taking, or how it will affect you. Illegal recreational drugs can put your health at significant risk.

Illegal Drugs

If you are caught with illegal recreational drugs, you may be charged with an offence and have to go to court. Any drug-related offences might also impact your student visa.

For help or more information about recreational drugs, telephone the South Australian Alcohol and Drug Information Service on 1300 131 340 or visit: www.sahealth.sa.gov.au/dassa

Eating Healthy

How can I eat better?

To maintain a healthy weight and get more out of life, it is important to eat a balanced diet.

The Australian Guide to Healthy Eating lists the foods we need to eat every day to be healthy. There are five basic food groups:

- Bread, cereals, rice, pasta and noodles
- Vegetables
- Fruit
- Milk, yoghurt, cheese
- Meat, fish, poultry, eggs, nuts and legumes.

There are also "extra" foods that are not included in the five food groups. These include biscuits, cakes, desserts, pastries, soft drink and high-fat foods like pies, sausage rolls, potato chips and takeaway meals. These should only be eaten occasionally and in small amounts. Too much salt, sugar and unhealthy fats and oils are not good for your health.

For more information about how much of these foods you should eat every day, visit: https://www.eatforhealth.gov.au.

Where can I buy healthy food and fresh fruit and vegetables?

The Adelaide Central Market has everything you need under one roof: fresh fruit and vegetables, whole grains, nuts and seeds, meat and poultry, dairy food and healthy fats and oils. International visitors love the market, because it has 80 food stalls and is also a great place to meet people from other cultures.

The Adelaide Central Market is located at 44-60 Gouger Street, Adelaide (you can also enter from nearby Grote Street). Visit http://www.adelaidecentralmarket.com.au/ to see where it is located on the Adelaide city map.

You can also buy fresh fruit and vegetables from suburban supermarkets and greengrocers. Many specialty supermarkets and shops across the Adelaide metropolitan area provide specialty ingredients for cuisines including Asian, African, Lebanese and Persian. You can search for these in the Yellow Pages telephone book or online at www.yellowpages.com.au.

Where can I buy Halal food?

For a list of Halal restaurants, visit: http://www.halalsquare.com.au/adelaide

General Health and Wellbeing

Being Active

Why should I be active?

Being active and exercising every day can lead to a longer and healthier life. It will also strengthen your bones and muscles, improve mood and sleep, relieve stress and lower your risk of heart disease, diabetes and some cancers.

Being active also helps you to pay attention and focus, which will benefit your studies.

You should try to exercise for at least 30 minutes every day.

For advice on staying active, visit http://www.sahealth.sa.gov.au/healthyliving or www.lifebeinitsa.org.

How can I be more active?

Being active is also a great way to meet people and make friends. You might like to consider joining a local sports club or trying a new activity. Being active isn't all about exercising – just getting out and about can make a difference to how you feel. For ideas and information, try talking to your international student support officer or contact:

- Study Adelaide: for free or low-cost events, activities and places of worship: http://www.studyadelaide.com/
- Multicultural Youth South Australia (MYSA): for multicultural activities in your area. Telephone 8212 0085 or email international@mysa.com.au
- Your local council: for free community events. Find your local council here: http://www.lga.sa.gov.au
- Community Centres SA: http://www.communitycentressa.asn.au/
- Life-Be-In-It SA: for activities and events in your area. Telephone 8362 2150 or email info@sa.lifebeinit.org

Volunteering is another way to stay active, meet new people and help out in your community. Contact Volunteering SA on how to become a volunteer. Telephone 8221 7177 or visit www.volunteeringsa.org.au

What free activities will help me to stay active?

Walking is a good way to maintain your emotional wellbeing and fitness. There are plenty of great places to walk in Adelaide, including local parks and ovals, River Torrens Linear Park, Glenelg Beach, Henley Beach (all beaches actually) and Mount Lofty. Most are just 20 minutes from central Adelaide. For other walking trails in the Adelaide Hills and across the state, visit the South Australian Trails website: http://www.southaustraliantrails.com.

You can also buy a new or second-hand bicycle which will help you stay active and get around Adelaide more easily. Some universities also have gyms that offer cheaper student memberships.

The Australian Sun

What is "Slip, Slop, Slap, Seek and Slide"?

The Australian summer can be extreme, with long periods of very high temperatures. During the summer months it is important to stay well hydrated (drink lots of fluids/water) and keep your skin protected from the sun. Even mild sunburn can affect your health, with more extreme sunburn requiring burns treatment in hospital.

Australia has the highest rate of skin cancer in the world. In summer, the sun can damage your skin within 15 minutes. "Slip, Slop, Slap, Seek and Slide" is a phrase used by the Cancer Council of Australia to help people protect their skin in the sun.

General Health and Wellbeing

When you are in the sun, especially in summer, you should Slip (put) on a shirt, Slop (put) on some sunscreen (SPF 30 or higher), Slap (put) on a hat, Seek shade and Slide (put) on some sunglasses. In summer, you should also stay out of the sun between 10am and 3pm because this is when the most damage can be done to your skin.

A little bit of sunshine on your skin each day is important to stop Vitamin D deficiency. If you generally wear the veil or long garments, it is good to take some time (about 15 minutes) in the morning to get some sun exposure. Vitamin D deficiency is more common in people who cover up.

Lack of Sleep

Why is sleep important?

Rest and regular sleep routines are essential for developing good study habits. A good night's sleep can help you to be productive, mentally sharp, emotionally balanced and full of energy all day long.

If you have trouble sleeping, ask your GP for advice on healthy sleeping habits.

General Health Check-up

Where can I go for a general health check-up?

If you think your health is at risk or would like a general health check-up, see a GP (refer to the Doctors and Hospitals Fact Sheet). You can generally choose to see a female or male GP.

Need more information?

These services offer more information on health and wellbeing:

HealthDirect Australia (Medical Advice)
A free 24-hour telephone health advice line staffed by registered nurses to provide expert health advice
Telephone: 1800 022 222 (free call from landline; charges apply for mobile calls)
Website: http://www.healthdirect.org.au/

Department of Health
http://www.health.gov.au

SA Health
http://www.sahealth.sa.gov.au

Study in Australia
http://www.studyinaustralia.gov.au

Be active
http://www.beactive.com.au/

Healthy Living
http://www.sahealth.sa.gov.au/healthyliving

Quitline (help to quit smoking)
Telephone: 137 848
Email: quitsa@quitsa.org.au
Website: http://www.quitsa.org.au

South Australian Drug & Alcohol Service
Telephone: 1300 131 340
website: www.sahealth.sa.gov.au/dassa

SunSmart
http://www.sunsmart.com.au/

Cancer Council SA
http://www.cancersa.org.au

Reachout.com (beating exam stress)
http://au.reachout.com/Factsheets/B/Beating-exam-stress

Like

Study Adelaide is the official government website for studying in South Australia. 'Like' them on Facebook to meet new people and get free information about events. Visit: http://www.facebook.com/studyadelaide

NATIONAL DRUGS CAMPAIGN

You can instantly access illicit drug information and advice using the National Drugs Campaign iPhone app - download it for free.

Fact Sheet 6: International Student Health and Wellbeing

Sexual Health

What is sexual health?

Sexual health involves the physical aspects of sexual relationships, pregnancy and sexually transmitted infections (STIs). But it is also about how to build healthy relationships.

Are things different in Australia?

Yes, they may be different for students from some countries. In Australia, sex education is taught in secondary schools. This includes information about sex, but also about how to develop healthy, respectful relationships. Many couples marry in Australia, but it is also generally acceptable for people to have sex before marriage or to live together without being married. Many types of relationships, including same-sex relationships, are legal in Australia and it is against the law to treat anyone unfairly because of their choice of sexual partner.

How can I prepare for a respectful sexual relationship?

Starting a new relationship can be exciting and fun. Good relationships are based on respect, caring and open communication. They can also be a great form of support, especially if you are living away from family and other support networks.

You should not allow anyone to pressure you to have sex before you are ready. You should always practice 'safe sex', whether in a long-term relationship or if you are having casual sex. Either way, agreeing on safe sex with your partner is very important.

For a safe relationship, remember the following rules:

- Always be respectful toward your partner
- Always have the consent of both partners before and during sex
- Never assault, exploit or harm another person
- In Australia, it is the responsibility of both men and women to practice safe sex.

What is safe sex?

Sex is meant to be an enjoyable experience for both parties. Being safe with sex means caring for both your own health, and the health of your partner.

Safe sex is when semen, vaginal fluids or blood are not passed from the body of one person to another during sex. Practising safe sex is important for a healthy sex life to reduce the risk of unplanned pregnancy or getting or passing on sexually transmitted infections (STIs), including HIV.

While the only way to be 100 per cent safe is to avoid sex altogether, you can improve your safety by doing the following:

- Always use a condom if you are having sexual intercourse
- Have regular STI tests if you are sexually active
- Try not to have multiple sexual partners
- You can try safer sexual activities that involve physical and emotional intimacy, and not necessarily sexual intercourse
- Seek advice from a GP if you are worried about your sexual health.

If you have any concerns about your relationship or need advice on how to have safe sex with your partner, you can speak to a student counsellor. You can also telephone SHine SA on ***1300 794 584*** or Relationships Australia (SA) on 1300 364 277.

Sexual Health

SEXUALLY TRANSMISSIBLE INFECTIONS

What is a Sexually Transmissible Infection (STI)?

A Sexually Transmissible Infection (STI) is an infection passed on (or 'transmitted') during sexual activity through close body contact or the exchange of body fluids such as semen, vaginal fluids, saliva or blood. Like other infections, STIs are caused by bacteria, viruses or parasites. There are many types of STI: each has different symptoms and is treated differently. For more information, visit: http://www.healthdirect.gov.au/sexually-transmitted-infections-sti

Anyone can get an STI, but in Australia they are most common in sexually active people between 15 and 29 years of age. You should not be embarrassed to seek help, because STIs are common and can be treated. An STI that is not treated can lead to serious and painful health effects, ranging from temporary symptoms and discomfort to infertility or cancer.

To protect yourself and your sexual partner from STIs, you should always practice safe sex. If you have had multiple sexual partners or are concerned about your sexual health, you should have regular STI tests – even if you are in a long-term relationship.

How do I know if I have an STI?

Many people with an STI do not have any signs or symptoms. Often they do not even know they are infected. For example, in Australia there are high rates of an STI called "Chlamydia" but many people do not know they have it.

Common signs and symptoms of an STI include:

- Unusual discharge from the penis, vagina or anus
- Itchiness around the genital area
- A burning feeling when urinating
- A rash, sores or small lumps on or around the penis, vagina or anus
- Unusual bleeding from the vagina (after sex or between periods)
- Pain and swelling in the testicles
- Pain during sex
- Sore throat
- Swollen glands, fever and body aches
- Tiredness, night sweats and weight loss.

Remember though that some people do not experience any symptoms - the only way to be certain that you, or your sexual partner, do not have an STI is to get an STI test.

When and where should I get tested for a STI?

It is wise to have regular sexual health check-ups once you start having sex, when you change sexual partners, start a new relationship, or have any of the signs and symptoms of an STI.

Tests are simple, painless and confidential. They are also the best way to stay in control of your sexual health and to ensure the health of others. If you would like to have an STI test, visit a GP or a free clinic.

Shine SA clinic has experience in helping young people from different cultures. Their services are free for students under 25 years of age. For further information, visit http://www.shinesa.org.au/ or telephone 1300 883 793.

Adelaide Sexual Health Centre also provides free and confidential STI testing and treatment. This includes HIV. You do not need to make an appointment. Visit Level 1, 275 North Terrace, Adelaide or telephone 8222 5075. You can also visit their website: www.sahealth.sa.gov.au/adelaidesexualhealthcentre

The Second Story Youth Health Service provides health care services addressing a range of physical, social and emotional issues for young people aged between 12 and 25. Visit The Second Story (TSS) website for a list of their medical clinics, http://www.cyh.com/subcontent.aspx?p=188, or telephone the Youth Health Line on 1300 13 17 19.

What if I think I have been exposed to HIV/AIDS?

It is extremely important that a person who may have been exposed to HIV through contact with blood or bodily fluids from an HIV positive person seeks appropriate medical advice as soon as possible.

Post-exposure Prophylaxis (PEP) is a treatment that may prevent HIV infection and is available to anyone likely to have been exposed to HIV within the previous 72 hours (3 days). It is a combination of anti-HIV drugs that must be taken over a four-week period. Even if the risk seems minimal or there is doubt about the need for PEP, discuss the matter with the PEP phone line on 1800 022 226. Because the treatment must occur with 72 hours of being exposed to HIV it is important that you get advice from this phone line first – making an appointment to visit a GP may waste valuable time. The phone line can advise you on the best and quickest way to access the PEP treatment.

What if my partner and I both test negative to an STI?

If you test negative for an STI, you still need to protect yourself and your future sexual partners by continuing to practice safe sex.

What if I travel overseas?

Some STIs (such as HIV) are more common in other countries than in Australia. It is important to remember this and to continue safe sex practices while travelling overseas. If you decide to go on a holiday or if you are going to visit family and friends in your home country always travel with a supply of condoms so that you are easily able to continue safe sex practices.

CONTRACEPTION AND PREGNANCY

How do I prevent an unplanned pregnancy?

Contraception is another word for birth control. It's how we prevent an unplanned pregnancy. In Australia, both men and women are responsible for contraception, not just women. While the standard contraceptive pill and condoms are the most common ways for preventing unplanned pregnancy, there are other options. Make an appointment with a GP to discuss what is best for you. You can also visit a Shine SA health clinic to speak to a health care professional. Visit http://www.shinesa.org.au/ or telephone 1300 794 584.

What is the Emergency Contraceptive Pill (ECP) and how can it help me?

The emergency contraception pill (ECP) contains a dose of the female hormone progestogen. The ECP can help reduce the risk of pregnancy if you've had sex in the last 5 days and:

- You forgot to take your regular contraceptive pill
- The condom broke
- You've had unprotected sex.

The ECP works by preventing or delaying ovulation (release of the egg). It does not disrupt an established pregnancy. It is about 85% effective at preventing pregnancies. Effectiveness depends on the stage of your monthly cycle and how soon after unprotected sex the ECP is taken.

ECP needs to be taken as soon as possible, ideally within 24 hours of having unprotected sex, but it still works well within 96 hours (4 days). You can take it within 120 hours (5 days), but the longer you leave it, the less effective it is.

It is available from:

- A chemist or pharmacy (without prescription)
- Sexual health and family planning clinics
- Other health care facilities such as hospitals (in small country towns).

When you ask for the ECP, the health care provider will need to ask you a few questions.

For more information visit http://www.shinesa.org.au/

I think I might be pregnant – what should I do?

Signs and symptoms of pregnancy include a missed or late period, sore breasts, feeling sick or tired and needing to urinate frequently. If you think you might be pregnant, you should have a pregnancy test. You can get a test at a GP's office or medical centre or you can buy a home pregnancy testing kit at a chemist and in some supermarkets. Shine SA also does pregnancy testing. For an appointment at Shine SA, telephone 1300 794 584.

OSHC insurance cover includes a 12-month waiting period for any pregnancy or birth-related medical services. For more information contact your OSHC provider.

I am pregnant – what should I do?

If you are pregnant, you have three choices:

- Continue with the pregnancy and become a parent
- Continue with the pregnancy and consider adoption for the baby
- Have an abortion to end the pregnancy.

For more pregnancy information and support, telephone the Pregnancy, Birth and Baby Helpline on 1800 882 436. The Pregnancy Advisory Centre is also available on 8243 3999 or www.sahealth.sa.gov.au/AbortionSupportServices.

For information and support about adoption, telephone the Adoption and Family Information Service on 8207 0060 or visit www.childprotection.sa.gov.au/adoption.

What is sexual assault?

Sexual assault is when you have been forced to participate in any unwanted sexual activity. Sexual assault is a crime and is not acceptable behaviour in Australia. It does not matter if you know the person who sexually assaulted you – this includes your boyfriend or girlfriend or partner by marriage or commitment. It is still a crime.

If you have been raped or sexually abused or threatened, you should telephone the police on 131 444. If you are in a life-threatening situation, you should telephone Triple Zero (000).

If you would like to speak to a specialised health care professional, contact Yarrow Place. Part of the Women's and Children's Hospital, Yarrow Place provides free support to people who have been raped or sexually assaulted.

Yarrow Place
Level 2, 55 King William Rd, North Adelaide 5006
Telephone: 8226 8777 or Toll Free: 1800-817-421
After Hours and Emergency: 8226 8787
Website: http://www.yarrowplace.sa.gov.au/

Sexual Health

Where can I get more information?

A number of confidential services are available if you need advice about your sexual health, and would prefer not to talk face-to-face. They include:

Sexual Healthline
Telephone: 1300 883 793
(Monday-Friday, 9am-1pm)
Email: sexualhealthhotline@health.sa.gov.au

Relationships Australia SA
Telephone: 1300 364 277
Website: http://www.rasa.org.au/

Domestic Violence Crisis Service (SA)
(support for people experiencing family violence)
Telephone: 1300 782 200
(24-hour telephone advice line)

BeyondBlue
(telephone service if you need to talk to someone about your emotional health)
Telephone: 1300 22 4636
(24-hours, 7 days)
Website: http://www.beyondblue.org.au/

Youth Healthline
(telephone service for young people aged 12 to 25 years in South Australia)
Telephone: 1300 13 17 19 (local call cost)
(Monday-Friday, 9am-5pm)

Mensline Australia
(MensLine Australia is the national telephone and online support, information and referral service for men with family and relationship concerns)
Telephone: 1300 78 99 78
(24-hours, 7 days)
Website: http://mensline.org.au

Women's Healthline
(The Women's Health Line is a telephone and email service that provides up-to-date health information to women throughout South Australia. Women can call for a range of health issues, including information on mental and physical health concerns).
Telephone: 1300 882 880 (cost of a local call)
(Monday-Friday, 1pm-4.30pm)
Email: health.line@health.sa.gov.au

HealthDirect Australia
(A free 24-hour telephone health advice line staffed by registered nurses to provide expert health advice)
Telephone: 1800 022 222
(free call from landline; charges apply for mobile calls)
Website: http://www.healthdirect.org.au/

Yarrow Place
(help for victims of sexual assault or rape)
Telephone: 8226 8777
Toll free: 1800 817 421
After Hours: 8226 8787
Website: http://www.yarrowplace.sa.gov.au/

If you are same-sex attracted and need support (or even just someone to talk to) telephone the Sexual Healthline on 1300 883 793 or the Youth Healthline on 1300 13 17 19.