

# Confidentiality

# Talk

# Private

# Share

# Support

# Who to tell

# Problems



## **Talking about HIV**

HIV can feel like a very lonely illness. It can be difficult to find someone to talk to. Often due to stigma and discrimination, you may feel unable to talk to your family or friends. Support organisations are there to help you!

## Talking about HIV +

Talking may seem scary or embarrassing, and you may feel ashamed about how you are feeling. Remember that your feelings are real and important, and talking to someone about how you feel about being HIV positive, can be an important step in dealing with problems.

There are many people who can help, from the hospital staff to voluntary sector organisations. No issue is too small if it is a problem for you. There are many things you might want to talk about or get help with. e.g. feelings, sex, relationships, money, housing, immigration, employment and many more.

**Who to tell** You have total control over who knows about your HIV status. Before you tell anybody you might want to think about some of these questions. Why do I want to tell them? What do I want from telling them? Will they treat what I tell them as private if I want them to? Once you have told someone you are HIV positive, there is no going back.

Every one of the support agencies you go to will respect your privacy. Always remember that HIV should not dominate your life, just be part of it, and you can live a happy and healthy life with HIV.

Contact **George House Trust**  
**www.gh.org.uk**

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**gh@gh.org.uk**

**george house trust**  
still life with HIV



Reg. Charity 700365

**AfricanAIDshelpline**  
free, confidential, safe to call

Reg. Charity 1079727

**0800 0967 500**