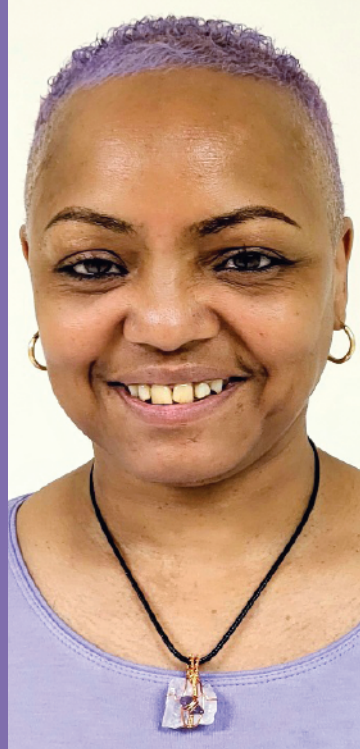


5 Tips

From People Who Have Been Right Where You Are

What You Need to Know After Being Newly Diagnosed with HIV



Dawn
Living with HIV/AIDS
for 30 Years



Ivette
Living with HIV
for 29 Years

Finding out about your HIV diagnosis can be overwhelming, yet your feelings are valid. There is no shame in being overwhelmed, confused, angry, or scared.

Here are 5 tips from people who have been exactly where you are:

1. You Will Be Okay

The most important thing to know is that you will be okay. There is support for you. Also, HIV medicines are safe, effective, easy to take, and they have few or no side effects. Taking your medicines and going to your health care appointments will help you to be able to live the life you want. People living with HIV who take their medicine can live long, fulfilling lives.



Susan
Living with HIV
for 23 Years



Dawn
Living with HIV
for 29 Years

2. This Is About You

This time is about you, not anyone else. You can take everything at your own pace, on your own terms, and how you feel most comfortable.

If you want to talk to a close friend or family member, you absolutely can. If you would prefer to keep this information to yourself, that is perfectly okay too. It is important to be open and honest with your health care provider.

3. Peer Support

Another person living with HIV is called a “peer.” Meeting with one can be extremely helpful. Some organizations have peer workers who are trained in specific areas – e.g., working with those newly diagnosed. Some people who have a new diagnosis, like you, have expressed a feeling of being “talked at” without having a chance to understand the information. These specially trained peers can help you sort out what to focus on now, versus what you can take care of later. They are also great forms of support as they likely experienced emotions similar to yours when they were first diagnosed. In addition to finding a peer you can connect with and confide in, there are larger networks of support groups for people living with HIV. Support groups offer more than just information and resource sharing; they become a community where laughter, stories, and recipes are also shared! Peer support will validate your experience and help you realize you are truly not alone in all of this.

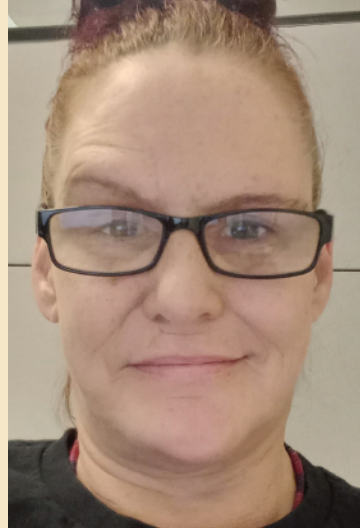


Lilibeth
Living with AIDS
for 31 Years

4. Other Support

If you are not ready to meet with a peer, here are some helpful online resources from people in the community. **Thebody.com** allows you to ask a question online and a clinical provider will get back to you. **HIVstopswithme.org** is a website that serves as a live journal where you can post about your HIV journey. If you are not quite ready to talk to a peer, family, or friends, HIVstopswithme can be a comforting resource. You will be able to follow many different stories of people who are happy, healthy, and living with HIV! **The Well Project** is a website specifically for women and girls living with HIV. It provides educational resources as well as a community blog. This website is a safe space where those living with HIV can share experiences, connect with others in the community, and build a support network.

It is important to gather information from reputable sites. If you Google questions and concerns related to your diagnosis, you can get misleading feedback. There is a lot of misinformation on the Internet – and it may cause anxiety and stress. If you have questions or concerns about your diagnosis, refer to one of the sites listed in this section or talk to a health care provider.



Helen
Living with HIV
for 25 Years



Richard
Living with HIV
for 19 Years

5. Mental Health Resources

There are many mental health resources available. Meeting with a mental health provider will give you a safe place to work through your emotions. Mental health appointments can be accessed in person or online through telehealth (virtual) appointments. Medicaid and most other insurance will cover these appointments. You are not alone. If you do not know how to find a mental health professional, ask a member of your health care team.

More Resources

Websites to Consult With

<https://www.thebody.com/>
<https://hivstopswithme.org/>
<https://www.thewellproject.org/>

New York State Department of Health (NYSDOH) Website
<https://www.health.ny.gov/diseases/aids/>

Helpful Phone Numbers

New York State HIV/AIDS Hotlines (Toll-free)

1-800-541-AIDS English
1-800-233-SIDA Spanish
1-800-369-2437 TDD

Voice callers can use the New York Relay System **711** or **1-800-421-1220** and ask the operator to dial **1-800-541-2437**

HIV Uninsured Care Program

1-800-542-2437 or **1-844-682-4058** In State, Toll-free
(518) 459-1641 Out of State
(518) 459-0121 TDD

Program's Hours of Operation: Monday-Friday, 8:00 a.m.-5:00 p.m.

New York City HIV/AIDS Hotline 1-800-TALK-HIV (1-800-825-5448)

CDC National STD Hotlines 1-800-232-4636 English/Spanish
1-888-232-6348 TTY

New York State HIV/AIDS Counseling Hotline 1-800-872-2777

New York State Partner Services 1-800-541-AIDS

New York City Contact Notification Assistance Program (212) 693-1419

Confidentiality

New York State Confidentiality Hotline 1-800-962-5065

Legal Action Center (212) 243-1313 or **1-800-223-4044**

Expanded Syringe Access Program (ESAP) 1-800-541-2437 English

Human Rights/Discrimination

New York State Division of Human Rights (718) 741-8400

New York City Commission on Human Rights (212) 306-7500
1-800-233-7432 Spanish



Nancy
Living with HIV
for 38 Years

Follow us on:
health.ny.gov
facebook.com/nysdoh
twitter.com/healthnygov
youtube.com/nysdoh

