

JUST DIAGNOSED WITH HIV?

DID YOU KNOW?

Everyone reacts differently to getting an HIV diagnosis but you will probably have lots of questions or wonder what it means for you. You may be wondering — how will I tell my partner/s, family or friends, will I still be able to work, will I get sick?

Many people have the same questions. The most important thing you should know is that people with HIV who take medication to treat the virus have the similar life expectancy as anyone else.



FIVE KEY AREAS YOUR GP SHOULD DISCUSS WITH YOU

1. Where to go for your medical assessment and treatment
2. Who you can talk to now about having HIV
3. How you can protect others (sexual partners/injecting partners/unborn child) from getting HIV
4. Ways you can tell current/past partner/s who might be at risk of infection
5. Where you can get further support and assistance for the future and for any other issues of concern

If you are still unsure about any of these, please talk with your health service, doctor or GP or phone the Sexual Health Infolink 1800 451 624

DON'T HAVE MEDICARE?

You can still access health care, treatment and a range of other services

- Ask your doctor for information about your closest Sexual Health Clinic
- Call the Multicultural HIV and Hepatitis Service Ph: 1800 108 098
- Call the NSW Sexual Health InfoLink on 1800 451 624



THERE ARE OPTIONS AVAILABLE TO YOU

Remember you are not alone. There are approximately 10 000 people living with HIV in New South Wales.

If you feel you are not ready or can't talk to your friends or family, you can speak to any of the organisations listed over the page.

There are many services, organisations and professionals who can assist you during this time. This support can be counselling or just someone to talk to, more information so you understand what HIV is and what the medical treatment will be, finding a doctor or perhaps you need some financial or housing assistance.

If you are unsure where to go to ask for help call the Sexual Health Infolink 1800 451 624

ACON and Positive Life NSW endorse this resource. ACON and Positive Life feel this resource provides meaningful and accurate information for people living with HIV in a supportive way.



[HEALTH.NSW.GOV.AU](https://www.health.nsw.gov.au)

GETTING SUPPORT

SERVICE	WHAT THEY DO	CONTACT DETAILS
ACON	Have a range of services specifically for people newly diagnosed with HIV, including peer based workshops, a priority counselling service and one on one peer based support.	www.acon.org.au Ph. 1800 063 060
Bobby Goldsmith Foundation (BGF)	Provides care and support for people living with HIV in NSW – practically, emotionally and financially.	www.bgf.org.au Ph. (02) 9283 8666
Gay & Lesbian Counselling Service of NSW	Peer based phone and online support for lesbian, gay, bisexual, transgender and intersex (LGBTI) people, their friends and family.	www.glcsnsw.org.au Ph. 1800 144 527
HIV/AIDS Legal Centre Inc. (HALC)	Provides free legal advice and representation in HIV-related legal matters, such as discrimination, insurance and migration.	www.halc.org.au Ph. (02) 9206 2060
Multicultural HIV and Hepatitis Service (MHAHS)	Provides support in language to people from culturally and linguistically diverse backgrounds who are affected by HIV.	www.mhahs.org.au Ph. 1800 108 098
National Association of People with HIV Australia (NAPWHA)	Australia's peak non-government organisation representing community-based groups of people living with HIV providing advocacy, policy, effective representation, health promotion and outreach on a national level.	www.napwha.org.au Ph. (02) 8568 0300
NSW Users and Aids Association (NUAA)	Provides practical support to illicit drug users through direct service delivery including education and training, information, referral and advocacy.	www.nuaa.org.au Ph. (02) 8354 7300 or 1800 644 413
NSW Sexual Health Clinics	Offer free, confidential, comprehensive clinical services to people living with HIV and can provide assistance with contract tracing. Can provide advice to your GP about HIV and offer shared care if that is what you prefer.	www.health.nsw.gov.au/sexualhealth/pages/sexualhealth-clinics.aspx Or call the NSW Sexual Health InfoLink to find out where your closest clinic is Ph. 1800 451 624
Paediatric and HIV in Pregnancy Service	Provides medical management, psycho-social support, research, consultation and education to children, families and pregnant women affected by HIV.	http://www.schn.health.nsw.gov.au/parents-and-carers/our-services/immune-deficiency-and-hiv/sch Ph. (02) 9382 1111 page 44445 or 0413 085 469
Positive Life	Provides information, advocacy, referral and advice on issues relevant to people with HIV.	http://www.positivelife.org.au/ Ph. 1800 245 677
Pozhet	Provides support, information, events and referrals for heterosexual people with HIV in NSW.	www.pozhet.org.au (includes information about the Pozhet Facebook group) Ph. 1800 812 404 (Heterosexual HIV Info line)
Sex Workers Outreach Project (SWOP)	Provides peer based outreach, support and referrals to all sex workers living within NSW.	http://www.swop.org.au/ Ph. (02) 9206 2166