

## Find Support - Newly diagnosed with HIV, part 7



Finding support means finding people who are willing to help you through the emotional and physical issues you are going to face. It is important for everyone to have caring family and friends in their life. This is especially important for someone living with HIV.

These supportive people can:

- Offer you support and understanding
- Provide you with assistance, such as running errands and helping with child care, doctor visits, and work

Joining a group of people who are facing the same challenges you are facing can also have important benefits. These benefits include feeling better about yourself, finding a new life focus, making new friends, improving your mood, and better understanding your needs and those of your family. Support groups are especially helpful if you live alone or don't have family and friends nearby.

Some of the most popular types of support groups are:

### Hotlines

Find a hotline in your area by talking to a social worker in your hospital. Look in the telephone book, search online, or ask your public librarian.

### Professional help

Ask your doctor for a referral to a mental health professional, such as a psychologist, nurse therapist, clinical social worker, social worker, or psychiatrist.



### Self-help organizations

Self-help groups let people share experiences and pool their knowledge to help each other and themselves. They are run by members, not by professionals, though professionals may be involved. Always discuss what you learn from any support groups with your health care provider. The information may not be accurate or it may not be right for your particular situation.

Be sure to get answers to any questions you have about HIV/AIDS. Your public health department, health care provider, and public library can help.

Text is from HIV/AIDS sources from the Department of Health and Human Services and adapted by HealthReach and Healthy Roads Media. This project has been funded in whole or in part with Federal funds by the National Library of Medicine award number HHSN276201500011I awarded to the Center for Public Service Communications. Images from iStock.com.

Creation Date: March 2017