

www.positivelivingbc.org

Living
with HIV has
changed.

Living with HIV has changed. With modern HIV treatment and support, you can live a healthy and active life. Learning how does not have to be overwhelming, and no one has to do it alone.

Peer navigators are trained and educated on health issues surrounding HIV/AIDS, STIs, self care, disease progression, and safer sex. While receiving the most current HIV information, you can get your questions answered and learn how other HIV positive individuals deal with their HIV. Through a series of supportive discussions, peer navigators make topics approachable and easier to understand. This guided process helps develop HIV self-management strategies, while providing you with important information needed to achieve optimal health.

No one
has to do it
alone.

I've been HIV positive for awhile and I want to address some of my health concerns

Starting or changing medications or just trying to maximize your quality of life can be complicated and confusing. Let us help you connect to the appropriate services.

Not ready for an HIV organization?

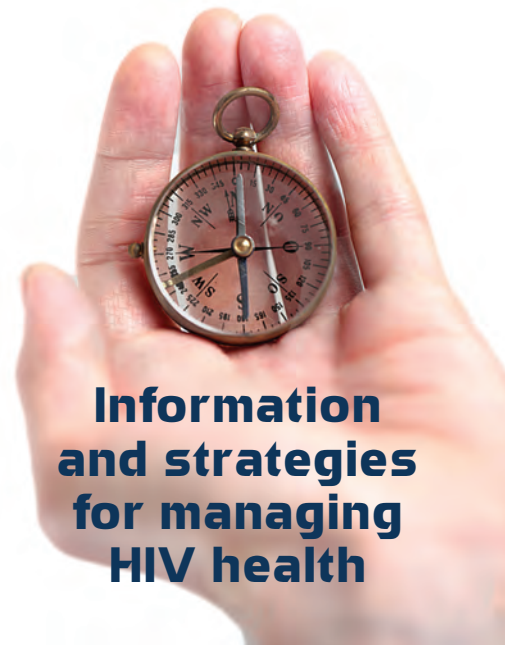
Check out our Resource Centre at the Immunodeficiency Clinic (IDC) of St. Paul's Hospital.

A Peer Navigator is on site to help you with information and support. We are located on the 5th floor, Comox Building, 1081 Burrard Street, Vancouver BC.

I need an HIV Doctor

We can help you find a health care provider, knowledgeable in HIV, to assist you in your community.

Peer Navigator Services



**Information
and strategies
for managing
HIV health**

I Just Found Out I'm HIV positive

Talking with someone who is HIV+, like you, can reduce the stress and anxiety of being told you are HIV positive. Good mental health and social supports are important aspects to keeping your HIV in check. A Peer Navigators can help address your emotional health in areas of self-esteem, depression, shame and stigma, battling isolation and building support networks.

**A Peer
Navigator
can help.**



Discussions with a Peer Navigator can include:

1. Understanding how HIV is considered an episodic, manageable illness.
2. How HIV is transmitted, including strategies to prevent the spread of HIV and other STIs.
3. Treatment information, including how HIV affects the body, when to start treatment and the value of medications to prevent disease progression and transmission.
4. When to tell others about your HIV including your legal rights and responsibilities
5. Managing your health, including the value of nutrition and exercise to prevent disease progression and the value and cautions of complementary and alternative therapies.

**POSITIVE
LIVING
SOCIETY**
OF BRITISH COLUMBIA

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MISSION STATEMENT

The Positive Living Society of BC exists to enable persons living with AIDS and HIV disease to empower themselves through mutual support and collective action. It is Western Canada's largest AIDS organization with a membership of more than 5,000 HIV-positive individuals.