

## Living with HIV

Living with HIV can be scary but you don't have to deal with it alone. Your doctor or healthcare worker and other people living with HIV can support you through this difficult time.

Some people openly share their diagnosis with family and friends while others prefer to tell just one or two people they trust. Both are fine - it's totally up to you.

The important thing to remember is that taking treatment means you can live a long and healthy life like anyone else. Alongside treatment, there are lots of things you can do to keep yourself healthy and happy, and improve your overall wellbeing.

### Girl drinking coffee



#### Newly diagnosed with HIV

Being told you have HIV can be shocking - this is completely natural. Find out what support is available.

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### Sharing-diagnosis-1st-choice.jpg



#### Sharing or disclosing your HIV-positive diagnosis

It's your choice if/when to tell anyone about your diagnosis. Read advice about how to tell people.

### Antiretroviral-treatment.jpg



#### Antiretroviral treatment for HIV

Taking treatment keeps HIV levels low in your body. Learn more about treatment for adults and children.

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### Middle aged man mountain hiking



### Benoite.jpg



#### Living with HIV personal stories and experiences

## Health & wellbeing when living with HIV

It can be reassuring to read stories from people living with HIV to help you realise that you're not alone.

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Alongside treatment, there are other ways to stay healthy such as changing your diet or exercising.

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