

Living with HIV

Living with HIV can be challenging but you don't have to deal with it alone. You can get support from your doctor or healthcare worker and many places offer peer support groups where people living with HIV share experiences and support each other.

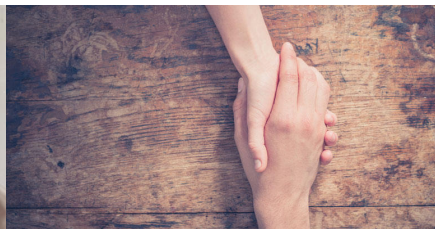
Friends and family may be able to support you too. Some people openly share their diagnosis with family and friends while others prefer to tell just one or two people they trust. Both are fine – it's totally up to you.

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.



Newly diagnosed with HIV

Being told you have HIV can be a shock. Find out what support is available.



Sharing your HIV-positive status

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



Antiretroviral treatment for HIV

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



Health & wellbeing when living with HIV



Living with HIV personal stories and experiences

Alongside treatment, there are other ways to stay healthy such as changing your diet or exercising. It can be reassuring to read stories from people living with HIV to help you realise that you're not alone.

Photos are used for illustrative purposes. They do not imply any health status or behaviour on the part of the people in the photo.