Where to go for help and support

Organisations that may be useful sources of support for people affected by HIV
HIV-Related Support:

**THT Oxford**
Help, counselling and support around HIV.
Phone: 01865 243 389
Email: info.oxford@tht.org.uk

**THT Direct**
Support, advice and information about HIV direct by phone, email, face-to-face or letter.
www.tht.org.uk
Phone: 0845 1221 200
Email: info@tht.org.uk
Terrence Higgins Trust, 314-320 Gray's Inn Road, London, WC1X 8DP

**Community Support Team**
Provide support for people living with HIV in the Oxford area.
Phone: 01865 265 070
Ask for Sue Yeadon or Carey Lewis

**The Eddie Surman Trust**
Free helpline for anyone worried about any aspect of HIV or AIDS, called Positiveline.
www.eddiesurmantrust.org.uk
Phone: 0800 169 6806
Email: eddiesurmantrust@hotmail.com

**Body and Soul**
Support and advice for children, teenagers, women and heterosexual men affected by HIV.
www.bodyandsoulcharity.org
Phone: 020 7923 6880
Email: info@bodyandsoulcharity.org
Positively Women
Support for women living with HIV.
www.positivelywomen.org.uk
Phone: 020 7713 0222
Email: info@positivelywomen.org.uk

i-base
Advice and information about HIV treatment by phone, online and in information booklets.
www.i-base.info
Phone: 0808 800 6013
Email: info@i-base.org.uk

HIV-Related Support (African/ Asian/ Latin American ethnicities):

African AIDS Helpline
Help and advice on HIV/AIDS and sexual health for African communities.
www.africaninengland.org.uk
Phone: 0800 0967 500

NAZ Project London
Charity addressing sexual health and HIV/AIDS needs of Asians, Muslims, Horn of Africans, Portuguese and Spanish speakers.
www.naz.org.uk
Phone: 020 8741 1879
Email: npl@naz.org.uk

SHAKA
Advocacy and support for members of African, African Caribbean and Asian communities affected by HIV/AIDS.
www.shakaservices.org.uk
Phone: 020 7735 6744
Email: info@shakaservices.org.uk
Emotional Support:

**Samaritans**
Confidential, non-judgemental, emotional support for those in distress or despair.
www.samaritans.org.uk
Phone: 08457 90 90 90
Email: jo@samaritans.org
Chris, P.O. Box 9090, Stirling, FK8 2SA

**Samaritans Oxford**
Confidential, non-judgemental, emotional support for those in distress or despair, face-to-face or by phone.
Phone: 01865 722 122
60 Magdalen Road, Oxford, OX4 1RB

**ISIS Counselling Centre**
NHS counselling for anyone who is distressed by personal or emotional problems. There is a waiting list.
Phone: 01865 556 648

**Mind**
Information on mental distress. They are able to provide details of help and support for people in their own area.
www.mind.org.uk
Phone: 0845 766 0163
Email: info@mind.org.uk
Mindinfoline, PO Box 277, Manchester, M60 3XN
Immigration/Housing:

**Asylum Welcome**
Free, confidential information, help and guidance for refugees, asylum seekers and immigration detainees in Oxford
www.asylum-welcome.org
Phone: 01865 722 082
Email: office@asylum-welcome.supanet.com
Asylum Welcome, 276a Cowley Road, Oxford OX4 1UR

**Shelter**
Practical support and information about housing including homelessness, eviction, repossession and legal issues.
www.shelter.org.uk
Phone: 0808 800 4444
Email: info@shelter.org.uk
Shelter, 88 Old Street, London, EC1V 9HU

**Refugee Resource**
Provide practical, social and psychological support to refugees and asylum seekers - mainly in Oxfordshire.
www.refugeeresouce.org
Phone: 01865 403 280
Email: info@refugeeresource.org
The Old Music Hall, 106-108 Cowley Road, Oxford, OX4 1JE
Drug and alcohol addiction:

**Mainliners**
Charity supporting people affected by drug use and blood borne viruses. Provide information about HIV, Hepatitis B+C and substance misuse.

www.mainliners.org.uk
Phone: 0207 022 1890
Email: admin@mainliners.org.uk

**Drug and Alcohol Treatment Oxfordshire**
Providing drug and alcohol treatment and support services for young people, adults, families and carers throughout Oxfordshire.

www.oxfordshiredaat.org
Phone: 01865 290 800
Email: reception@oxfordshiredaat.org

Lesbian/ Gay/ Bisexual/ Transgender:

**Oxford Friend**
Confidential information, support and counselling services for lesbians, gay men, bisexuals and transgender people.

www.oxfordfriend.co.uk
Phone: 01865 726893
Email: confidential@oxfordfriend.co.uk

Oxford Friend, P.O. Box 137, East Oxford DO, Oxford, OX4 2WL

**Friends Together**
Gay, Lesbian & Bi-sexual social group. Meet in Bedford, Milton Keynes and surrounding area.

www.friendstogether.com
Email: andrewfriendstogether@hotmail.com
**Safra Project**
Project working on issues relating to lesbian, bisexual and/or transgender women who identify as Muslim.
www.safraproject.org
Email: info@safraproject.org

**Imaan**
Supports lesbian, gay, bi-sexual and transgender Muslim people, their families and friends.
www.imaan.org.uk
Email: info@imaaan.org.uk

**Gay Men Fighting AIDS (GMFA)**
Gay men’s health charity with a wide range of health promotion.
www.gmfa.org.uk

**Vive la Différence**
Website offering advice to gay or bisexual men in a relationship where one person has HIV and the other doesn’t.
http://together.chapsonline.org.uk

**General advice and support:**

Citizens Advice Bureau

Free, independent advice on a range of issues such as housing, benefits, discrimination and immigration.
www.citizensadvice.org.uk
Phone: 0844 573 0608
95 St Aldates, Oxford, OX1 1DA
Debt:

National Debtline

Provide free, confidential and independent advice on how to deal with debt problems.

www.nationaldebtline.co.uk
Phone: 0808 808 4000
Tricorn House, 51 - 53 Hagley Road, Edgbaston, Birmingham, B16 8TP

Internet resources for further information:

NAM
www.aidsmap.com Leaflets and fact sheets

AVERT
www.avert.org Information, e.g. prevention and statistics

National AIDS Trust
www.nat.org Information and resources

Positive Nation
www.positivenation.co.uk UK’s sexual health and HIV magazine

If you need an interpreter or need a document in another language, large print, Braille or audio version, please call 01865 221473 or email PALSJR@orh.nhs.uk

Jen Fearnley, Sexual Health Adviser
Version 1, July 2010
Review, July 2013
Oxford Radcliffe Hospitals NHS Trust
Oxford OX3 9DU
www.oxfordradcliffe.nhs.uk