

# Health Advisers: *A guide for people affected by HIV*



# Health Advisers

Health advisers are able to provide information, counselling and support for people with HIV or those affected by HIV. This includes patients, their partners and their family and friends.

Health Advisers are available to talk with you about any issues you may have, such as difficulties in coming to terms with your diagnosis or the impact of HIV on your life.

Even if you have been HIV positive for a long time, your personal situation may change. Sometimes these changes can cause anxiety, with which you may need some help, advice or support.

Seeing a health adviser will give you the chance to talk about the issues that concern you.

# How can health advisers help you?

Health advisers can talk to you and give you information, advice and support.

## **Information and advice about:**

- Your diagnosis
- Relationships and safer sex
- Results and treatment
- Pregnancy
- Psychosexual issues

## **Help and support with:**

- Informing partners
- Talking to family and friends
- Getting partners tested
- Getting children tested

## **Emotional support:**

- Adjusting to living with a chronic illness
- Fear and anxiety
- Fear of rejection in family / work/ social circles

## **Further information and referrals for:**

- Housing
- Welfare
- HIV support groups
- On-going counselling

This list is intended to give you an idea of the kind of issues we can discuss with you. If you feel you would like advice or support with other issues affecting you, please arrange to see one of our health advisers.

# What to do if you would like to see to a health adviser

Sexual health advisers are available for one-to-one, confidential discussions in a comfortable, private room. You can be seen for a one-off consultation or for several sessions.

To see a health adviser you can:

- Ask your doctor to see a health adviser at the end of your medical appointment.
- Call us and arrange to come in and see a health adviser at a time that suits you.

If you have seen a sexual health adviser before, and would like to see the same person again, we will try our best to organise this for you.

**Seeing a health adviser will give you the chance to talk about the issues that concern you.**

To arrange an appointment with the  
Health Advisers, please call us on

**01865 231231**  
(option 3)

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