

IT'S TIME TO THINK POSITIVE ABOUT HIV

A Practical Guide
to Being a Better HIV Ally

IT'S TIME TO THINK POSITIVE ABOUT HIV

Whether you're a mate, a family member, a hook-up or thinking of getting serious with someone living with HIV, it's time to be a strong and valued supporter. Why? Because everybody deserves to be treated as an equal, regardless of their status.

In the spirit of being a strong ally, it's time to step up to help end HIV stigma. It's time to arm yourself with education and empathy. And it's time to contribute to a change in society that fosters safe, supportive attitudes towards all people living with HIV.

However, achieving this will involve a collective community effort. So, how can we all contribute?

This resource will give you practical steps to become a better HIV ally. We'll explore the importance of educating yourself about the science that not only helps people living with HIV lead healthy, fulfilling lives, but stops HIV transmission completely between sexual partners.

We'll also give you some strategies on how to be an empathetic, non-judgemental listener, how to take control of your own health, and how to continuously support the people in your life living with HIV.

Strong allies build stronger communities, and we all have the power to encourage supportive attitudes that normalise HIV. So, are you ready to learn how to be a smart, kind, and powerful ally? It's time to think positive about HIV.

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HIV ALLYSHIP

& HOOKING UP

IT'S TIME

TO GET SEXY

Hey hot stuff. Chances are you might have just been flirting with someone online or in real life, and they've disclosed that they're "undetectable" or living with HIV.

We don't want to get in the way of a good time, but perhaps this is the first time someone you're keen to hook up with has disclosed their status. You might also have some questions about what this means for you when you're ready to get busy. Well, you've come to the right place!

IT'S TIME TO TRUST THE SCIENCE

There's nothing sexier than an ally who knows their science. However, if you're not sure what **Undetectable equals Untransmittable** (also known as U=U) means, we've got you covered.

When someone has an **undetectable viral load** (also known as **UVL**), it means the treatment they're taking has so reduced the levels of HIV in their body that HIV is "undetectable" to modern viral load tests. Being undetectable means great things for a person's health and HIV transmission.

People living with HIV who have an undetectable viral load can't pass HIV on to their sexual partners.

In fact, there has never been a documented case of a person living with HIV who has a sustained undetectable viral load transmitting HIV to a sexual partner!

Large scale, international studies such as Opposites Attract, Partner and Partner 2 have proven this science. In these studies, there were over **140,000 acts of condomless sex** between couples where one partner was HIV negative and the other was living with HIV and had an undetectable viral load. **There were zero cases of HIV transmission. Zero.**

So, when that sexy person tells you they have an **UVL** or if you see **U=U** on their profile, you can be confident about getting down to business.

That's some pretty sweet science, hey?

Find out more information about U=U and being undetectable, visit: endinghiv.org.au/undetectable

IT'S TIME TO BE RESPECT- FUL

If you've been sliding into someone's DMs and they've told you they're living with HIV, they're instantly letting you know they respect you enough to be upfront about their status. That's a pretty big deal. **By doing so, they are being open and honest.** So, when someone discloses to you, remember to respect that honesty and be kind in your response. Also, an important part of being an ally is to make sure you **respect their privacy.** There's no need to tell anyone else – this is between the two of you.

GIVE YOURSELF SOME TIME

If someone you'd like to hook up with has just told you they're living with HIV, this may be new information for you to process. It also might mean you want to put your foot on the brakes for a little bit.

It's always your choice to take as long as you need before making any decisions, and it's a great time to remind yourself of the science behind U=U.

One thing you never do is ghost or block a person because they disclosed their status. Disclosing an HIV status is an act of respect. If you are not ready or comfortable, find a kind way to say so.

“When a cute guy recently messaged me to say he’s undetectable, I told him I was cool with it but I needed to have a day to think about what that means for us hooking up. I jumped online and read all about U=U which assured me I was safe. When I hooked up with the guy the following weekend, it was so hot being free in the experience and enjoying each other, knowing we were safe!”

— Thiago, 23

IT'S TIME TO TAKE RESPONSIBILITY

Know your status

If someone has told you they are “undetectable”, the great news is that they know their HIV status and you can be assured they can’t pass HIV on to you. If you’re negative, make sure you test often for HIV and STIs, so you can be confident about your own decisions around HIV prevention.

Sexually active guys should be testing up to four times a year. If it has been a while since your last test, make sure you also make it a priority.

Find out more about where you can get tested at endinghiv.org.au

Get prepped with PrEP

PrEP (pre-exposure prophylaxis) is an antiretroviral drug you can take to prevent you from acquiring HIV. It can be taken in different ways including daily, periodically or “on demand”, depending on your situation. Lots of negative people use it to prevent HIV transmission. Chat to your local sexual health professional to learn more.

Find out more about PrEP, visit: endinghiv.org.au/PrEP

You know the saying: “It takes two”? Well, if you’re thinking about fooling around with someone you’re flirting with (regardless of their status), it’s in both of your interests to be in control of your own sexual health. That’s only fair, right?

Condoms

While PrEP is effective at protecting you from HIV, it doesn’t protect you from other STIs. Condoms, when used correctly, are an effective HIV prevention strategy and provide effective barriers against many STIs. If in doubt, or you’re unsure about other HIV prevention options, wear a condom when you’re hooking up!

PEP

PEP stands for post-exposure prophylaxis and is a course of treatment taken after a possible exposure to HIV. PEP, which usually lasts for four weeks, significantly reduces the risk that someone might acquire HIV. PEP needs to be started as soon as possible, ideally within a few hours of a risk event, but up to 72 hours following a possible exposure.

Find out more information about PEP, visit: endinghiv.org.au/PEP

In NSW, you can also call [1800 737 669](tel:1800737669) (1800 PEP NOW)

Your local emergency department can also provide access PEP in your area

IT'S TIME TO UPDATE YOUR PROFILE



Chances are, you might do a lot of your pre-hookup flirting online. Also, it's likely you're interacting with people who are living with HIV. So, as a smart and sexy ally, you can show your support with what you write on your profile.

Let's face it. We've probably all seen "clean only" on some profiles, but when you put yourself into the shoes of a person living with HIV, how do you think that would make them feel? There's nothing unclean or 'dirty' about people living with HIV, so asking for "clean only" adds to the stigma and shame which can be very distressing and even triggering for some people.

Likewise, if you ask someone "Are you on PrEP?", they may instead be on HIV treatment, and may feel pressured to reveal their status when they don't need or want to.

Instead, another way to check in to see how a person is taking care of their sexual health is to ask them: **"What are your HIV prevention strategies?"**. This is more neutral and helps create a more comfortable, open dialogue.

To further show your support as an ally, adding something like **"PrEP, UVL or condoms?"** to your profile shows you're informed, confident, in control of your sexual health, and ready to get into it!

In summary, to be a strong and sexy ally in the hook up space, do your own research to **know the science** that keeps you protected, **take care of your own HIV prevention strategies**, **check and if necessary, update your online profiles**, and **be kind and empathetic when chatting to people who've shared their status**.

It's time to get back to getting busy!

IT'S TIME

TO BE A

GOOD MATE

Hey friend. If your mate has recently told you they've tested positive to HIV, you've probably got lots of thoughts and questions swirling around in your head.

So, what next? Well, firstly, your friend chose to disclose to you because they trust, respect and value you. You may also be the only person they've told, so now's the time to simply be a friend, create a loving space for them and show them that you're an accepting ally. That's what friends are for, right?

IT'S TIME TO LISTEN

When your friend discloses that they're living with HIV, it can be a big deal for them. It's almost like a second coming out because they're sharing some very personal news. Sometimes, it's even more daunting because of the shame and stigma experienced by people living with HIV. Your buddy is probably feeling vulnerable and all they need from you right now is to be there for them.

As an ally, the most supportive things you can do for your mate is:

- Thank them for trusting you to share this information with
- Acknowledge that it takes courage to disclose
- Ask what you can do to support and help your mate
- Keep up your usual social activities
- Check in regularly

Hearing the news that your friend is living with HIV might take you by surprise, and it's ok to take some time to process the information. Give yourself as much space as you need to gather your thoughts, do your research and even chat to a health professional.

Your mate's HIV diagnosis doesn't change who they are. They're still your beautiful friend, so there's no need for their status to define your relationship. In fact, by creating a supportive space, your friendship might even grow stronger!

IT'S TIME TO TRUST THE SCIENCE

You may not know a lot about what it means to be living with HIV, and you might have lots of questions. That's totally normal. However, now is a great time to educate yourself about the virus, and more importantly, how your mate living with HIV can still enjoy a fulfilled life and happy relationships. Thanks to modern medicine, HIV is often well managed, just like diabetes.

HIV is a virus that targets the immune system. While there's no cure for it yet, it is managed by taking regular treatment, usually in the form of one or two daily pills. Often, this treatment suppresses the virus to an **undetectable viral load** (also known as **UVL**). This means **your mate should be able to live a healthy and rewarding life when regularly taking their treatments.**

As an educated ally, it's a great idea to get familiar with the term **U=U**, which is shorthand for **Undetectable equals Untransmittable**. This means that when your buddy regularly takes their treatment, they'll have the confidence that HIV cannot be transmitted to their sexual partners. Yes, that's zero risk!

“My bestie told me he was feeling anxious about his future, so I reminded him that people living with HIV on daily treatment can live long, healthy lives. Doing our research together brought us even closer, and he's building confidence about his future. He's also started dating again!”

— Sofia, 37

IT'S TIME TO BE RESPECTFUL

As a strong ally, it's great to ask questions to help support your friend. However, when you're chatting to them, try to avoid intrusive questions like "How did you get it?" or "Why didn't you tell me sooner?". These questions can often bring up feelings of shame and stigma, so give your friend time to share any personal information with you only when they're ready.

Most importantly, **always respect your mate's privacy**. Your friend is telling you because they trust you, so please don't disclose their status to anyone unless they ask you to.



IT'S TIME TO BE KIND

Just as you may not tolerate sexism or racism at home, work or in your social circles, we'd like to think you wouldn't tolerate behaviours that shame or criticise people living with HIV.

Being kind and respectful is a collective effort, so we encourage you as an empathetic and educated ally to **call out any conversations or jokes that stigmatise or discriminate against people living with HIV**. This behaviour only adds to the traumatic stigma that some people living with HIV experience.

In the spirit of being kind, **supportive allies don't 'cancel' other people who have a limited understanding of HIV**. Instead, we see this as the perfect opportunity to educate others about the incredible science behind U=U, to understand that people living with HIV are just like anyone else, and to have some compassion for their fellow humans.

Remember, **be empathetic and supportive to your mate** who has just shared their status with you, **educate yourself** about the medical advancements which will help your friend live a healthy, rewarding life, **respect your friend's privacy**, and **call out any behaviours that stigmatise or discriminate against people living with HIV**.

Thank you for being a friend!

IT'S TIME

TO BE OPEN

TO LOVE

If you're reading this, chances are you've been spending some quality time with a pretty special person. Maybe you've been hanging out at the movies, having fun picnics, visiting galleries, learning about each other's lives, families and hobbies...and maybe even enjoying some "Netflix and chill".

Recently though, that person may have told you they're "undetectable" or living with HIV, and you might have some questions or concerns as you're processing the information and considering what it means for the future. Well, we're here to help.

IT'S TIME TO SHOW EMPATHY

Because of the stigma and fear of rejection sometimes experienced by people living with HIV, disclosing can be a nerve-wracking experience. When a person you've been dating discloses their status to you, it's because they respect and trust you. Importantly, they want to feel fully seen as a potential partner.

However, just like you don't tell somebody your entire personal history the first time you meet, they'll probably take some time to tell you before they feel safe and comfortable to do so.

Disclosing is a big deal, so as a strong ally for all people living with HIV, it's important to be empathetic to the person you've been dating. So, rather

than asking: "Why didn't you tell me straight away?", a kinder response would be something like: "Hey, thanks for sharing your story with me. I appreciate your honesty and courage and I'm keen to learn more."

The person you've been hanging out with is being vulnerable, so the best thing you can do is give them the respect they deserve. **You've probably already been showing them the best version of yourself up to now, and that doesn't need to stop now.**

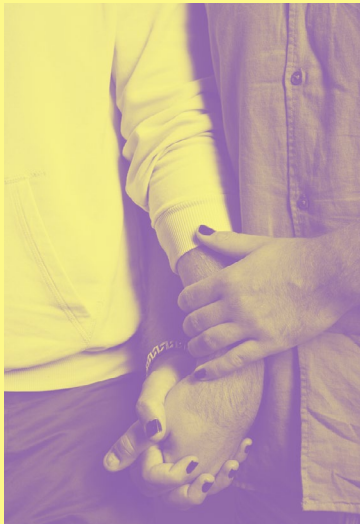
Likewise, the benchmark of any budding relationship is trust. So, if someone discloses their status to you, always **respect their privacy**. There's no need to tell anyone else – this is between the two of you.

GIVE YOURSELF SOME TIME

If this is the first time someone you're thinking of getting serious with has told you they're living with HIV, you may want to take some time out to gather your thoughts.

That's totally ok, and as a strong ally, it's a great idea to let the person know that you're really enjoying getting to know them and this may be new information for you to process.

If you do take some time out, it's always a great idea to remember that thanks to modern medicine, HIV doesn't need to get in the way of that fairytale romance you've always dreamed about. HIV is now highly manageable, just like diabetes is. If you're not sure about the science behind it, we've got you covered. If you say you need time, that's understandable, but make sure you do come back to them, and never just ghost them.



IT'S TIME TO TRUST THE SCIENCE

When people living with HIV take their regular treatment (in the form of one or more daily pills), it suppresses the virus to the point where they have an **undetectable viral load**, also known as **UVL**. This means **your potential partner can live a long and healthy life, and together you can make as many exciting plans for the future as you like!**

And what about your risk of contracting HIV through sex? Well, you may have heard of **U=U**, which is shorthand for **Undetectable equals Untransmittable**. What this means for you is that a **person you're dating with HIV who is on effective treatment with an undetectable viral load cannot pass HIV on to you during sex.**

In fact, there has never been a documented case of a person living with HIV who has a sustained undetectable viral load transmitting HIV to a sexual partner!

Large scale, international studies such as Opposites Attract, Partner and Partner 2 have proven this science. In these studies, there were over **140,000 acts of condomless sex** between couples where one partner was HIV negative and the other was living with HIV and had an undetectable viral load. **There were zero cases of HIV transmission.**

That's right. There is zero chance they can pass on HIV if they're on regular treatment! How sweet is science?

"I met Trang four years ago and after a few weeks into dating, he told me he was living with HIV. To be honest, I wasn't really up-to-speed on what U=U meant but my doctor told me all about it, and reassured me I had nothing to worry about if Trang was taking his daily pill. Four years later, we're still madly in love and his HIV status doesn't define our relationship. We've got so many more exciting and interesting things to focus on! It's just not a big deal."

— Ari, 31

IT'S TIME TO THINK OF THE POSITIVES

All over the world, people living with HIV enjoy beautiful, long-lasting romantic relationships.

Building a life with a person living with HIV is no different to a partnership with anyone else – you can make a home, travel the world together, have lots of sex, curl up on the couch...and do whatever makes you two uniquely happy. When you start thinking about the positive, imagine the world of opportunities that will open up for you.

Remember, if you're thinking about getting serious with a person living with HIV, be kind and empathetic, give yourself some time, trust the science and be assured that positive people can live long, healthy lives just like anyone else.

This could be the start of a beautiful love story.

Find out more about the science, U=U, and undetectable at: endinghiv.org.au/undetectable



**IT'S TIME
TO SUPPORT**

It's likely you're reading this because one of your family members has disclosed that they're living with HIV, or they may have been recently diagnosed. You might have been taken by surprise by this news, but rest assured your family member has shared this information with you because they love you and they're looking for your support.

You may not know how to provide that support and you may also have some questions about what it means to live with HIV. We're here to help.

IT'S TIME TO LISTEN

For a person living with HIV, it takes a lot of courage to share this news with you. Your family member is potentially feeling vulnerable and unsure about what it means for their health and their future. They're also probably feeling anxious about not being accepted by their friends, the community and, importantly, their family.

Because this is such a big moment for them, the most important thing you can do is be empathetic, kind and gentle. Thank them for being courageous enough to share this information with you and listen to them with empathy. Your family member is not looking for judgement, as this can add to the shame and stigma sometimes experienced by people living with HIV.

As for yourself, this information may have taken you by surprise, and it's ok for you to take some time out to gather your thoughts, do your research and even chat to a health professional.



"My son Jakub is my best mate. When he told me about his diagnosis six months ago, of course I was pretty surprised and worried about his future. But at the time, I knew nothing about HIV. I had a lot of questions, but over time I've learnt that like most people living with HIV, he's going to be ok. I know how terrified he was to tell me, but I'm happy he did. This experience has definitely brought us closer, and I couldn't love him any more."

— Dennis, 53

IT'S TIME TO LEARN

You may not have heard much about HIV over the last decade. Perhaps you only know about the 1987 'Grim Reaper' campaign which frightened many Australians into thinking that HIV was a death sentence and that people living with HIV are to be feared. Thankfully, none of this is true but if you don't know what living with HIV looks like today, now is the time to learn.

Thanks to modern medicine, HIV is now highly manageable, just like diabetes is. While there is no cure for HIV, your family member can take one or more daily pills which suppress the virus to attain an **undetectable viral load** (also known as **UVL**). Having an UVL has great impacts on your family member's health.

This means your family member should be able to live a healthy and rewarding life when regularly

taking their treatments. Because of these advancements in treatment, your family member can expect to live a normal lifespan.

Did you know that the science behind the treatment also means when they are "undetectable", they cannot transmit the virus to their partner? This means they can also enjoy healthy and fulfilling long-term relationships. Thanks to modern science, your family member can be confident and hopeful for their health and future.

Of course, HIV cannot be passed on by other means such as kissing, hugging, or eating together, actions which families often cherish.

To find out what it means to be living with HIV and find support services, visit our referrals page at the end of this document.

IT'S TIME TO SUPPORT

As a parent or family member, often it's the most challenging moments in life that define who we are. You may be the central support system for your loved one, and during this time of uncertainty, they need you the most.

As difficult as this time might be for you, it's even more so for your family member, and this is your moment to be there for them and completely embody unconditional love. So, what can you do to support your family member?



Respect their privacy

Your family member shared their story with you, and they chose to disclose to you because they love and respect you. It's important you respect their privacy, so please don't disclose their status to anyone unless you have their permission. Likewise, there's no need to ask highly personal, private questions which will make them feel uncomfortable.

Ask how you can help

Give them space to talk about what they need from you as a parent, be an empathetic shoulder to lean on, and be supportive.

Check in regularly

Try and keep things as normal as possible as this is a manageable condition and remember, your acceptance might mean everything. Use your instincts to gauge when your family member wants to talk, and with your knowledge of the science behind HIV treatment, you can frame conversations in a positive way.

Don't let their status define your relationship

Your family member's HIV diagnosis doesn't change who they are, and there's no need for their status to define their or your relationship. What makes them special are their beautiful qualities you've loved from the beginning. HIV is highly manageable with effective treatment and will not get in the way of them having a long and healthy life.

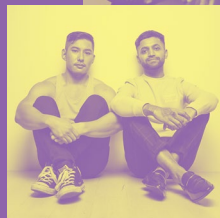
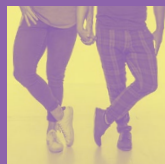
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Remember, **be kind and empathetic** to your family member, **educate yourself** about the science behind HIV that means they can live a long and healthy life, **be loving and supportive**, and see this as a life-defining moment that gives you the opportunity to grow even closer.

Most often, family matters the most.

**IT'S TIME
TO BE
AN ALLY**

Need more support to be an HIV ally?
Check out these referrals to polish
your skills as an ally to people living
with HIV.



USEFUL RESOURCES

Allyship

ACON's campaign *Its Time to Think Positive About HIV* showcases the very best of allyship with community examples. This is a great starting place to learn about allyship.

Check it out here:
endinghiv.org.au/ending-hiv/ending-hiv-stigma

About HIV

To learn the basics about HIV, head over to Ending HIV:
endinghiv.org.au/sti/hiv

About UVL

To learn more about undetectable viral load, take a look at:
endinghiv.org.au/treat-early/about-undetectable

a[STARTx]

The a[STARTx] Resource has been written by gay men living with HIV to help you make sense of an HIV diagnosis. a[STARTx] provides clear and concise information to support you through the initial phase of a diagnosis. a[STARTx] covers topics that are important at diagnosis including treatment, disclosure and building a relationship with a doctor. a[STARTx] also has many useful links to support services across NSW.

Find a copy here:
acon.org.au/wp-content/uploads/2021/06/ACON-aSTARTx-Resource.pdf

Treatment evidence brief

Rapid Initiation: Models for the Immediate Uptake of HIV Treatment:
acon.org.au/wp-content/uploads/2017/02/Policy-Dicussion-Paper-Immediate-Treatment.pdf

HIV disclosure and the law

In 2017 the Public Health Act in NSW changed, no longer requiring the disclosure of HIV status prior to sexual intercourse. The law does require, however, that someone who knows that they have HIV, takes 'reasonable precautions' against transmitting the virus to others. Reasonable precaution refers to minimising the risk of passing on HIV to other people through the following precautions:

- using a condom during sexual intercourse; or
- the HIV positive partner seeks and receives confirmation from a sexual partner that a sexual partner is on HIV pre-exposure prophylaxis; or
- the HIV positive partner has a suppressed HIV viral load of less than 200 copies/mL

SUPPORT SERVICES

ACON Counselling

Post-test counselling support for LGBTQ people recently diagnosed with HIV and others affected, including partners, family, and friends.

Ph: (02) 9206 2000
Email: acon@acon.org.au

aconhealth.org.au

ACON Peer Support

Gay and bisexual men living with HIV (peers) who provide one-on-one peer support to gay and bisexual men (cis or trans) living with HIV who want someone who understands, but don't necessarily want to speak to a counsellor.

Ph: (02) 9206 2000
Email: astart@acon.org.au

a[STARTx] Weekend Workshop

Run as a partnership between ACON and Positive Life NSW, the a[STARTx] weekend workshop is for gay men newly diagnosed with HIV and run by men who are living with HIV. This workshop explores topics including HIV treatment, HIV disclosure, building resilience and prevention. The workshop provides powerful social connection to men who are sharing the same experience of a new diagnosis in a completely confidential and safe space.

Ph: (02) 9206 2000
Email: astart@acon.org.au

[endinghiv.org.au/treat-early/
getting-support](http://endinghiv.org.au/treat-early/getting-support)

Positive Life NSW

Positive Life NSW works to promote a positive image of all people living with HIV, including their partners, families, and friends.

Positive Life NSW provides information and targeted referrals, and advocates to change systems and practices that discriminate against all people living with HIV in NSW.

Ph: (02) 9206 2177
Email: contact@positivelife.org.au

positivelife.org.au

PFLAG NSW – Sydney

PFLAG NSW are the parents and friends of gay and lesbian people who are a part of our community. The common bond in PFLAG is that everyone has someone they love and care who is lesbian or gay.

Ph: (02) 9294 1002
Email: info@pflagaustralia.org.au

pflagaustralia.org.au

MHAHS – Multicultural HIV/AIDS and Hepatitis Service

The Multicultural HIV and Hepatitis Service (MHAHS) works with culturally and linguistically diverse (CALD) communities in NSW to improve health and well-being in relation to HIV, hepatitis B and hepatitis C. The service works with more than 20 language groups and implements a range of health promotion, community development and media initiatives, as

well as offering individual assistance to people living with HIV through emotional support, liaising with case managers or other health care works, and discussions about treatment options. Services are also available to partners and family members.

Ph: (02) 9515 1234 or 1800 108 098
Email: info@mhahs.org.au

mhahs.org.au

POZHET – Heterosexuals HIV Service

For heterosexual people living with HIV, Pozhet offers information, support and referral to key services. We also create opportunities for heterosexual people living with HIV to meet each other and share their stories and experiences.

Ph: 1800 812 404
Email: pozhet@pozhet.org.au

pozhet.org.au

The Institute of Many

The Institute of Many (TIM) is a peer-run group for people living with HIV, who meet online or sometimes socially, using a private Facebook group.

theinstituteofmany.org

Sexual Health Services

a[TEST] is an HIV and STI testing service for gay, bisexual, and other men who have sex with men. Our peer educators (trained guys from our communities) and nursing staff always provide a friendly, welcoming, and professional testing experience, and even better, your entire appointment will only take around 30 minutes, including getting the result of your rapid HIV test.

endinghiv.org.au/test-often/book-a-test

Sexual Health Centres

Your local Sexual Health Centre (often attached to a public hospital) may also have confidential counsellors available. Contact your local 'sexual health clinics' for your nearest location, including regional clinics.

[endinghiv.org.au/test-often/
where-to-get-tested](http://endinghiv.org.au/test-often/where-to-get-tested)

NSW Sexual Health Infolink

InfoLink is an information and referral telephone line and website, funded by the NSW Ministry of Health, has been in operation since 1989 and is staffed by specialist sexual health nurses from 9:00am to 5:30pm. InfoLink provides sexual health information and referral to community members and provides specialist clinical support and information to nurses, doctors and other professionals who are treating clients with sexual health issues.

Ph: 1800 451 624

shil.nsw.gov.au

HALC – HIV/AIDS Legal Centre Inc. (NSW)

The HIV AIDS Legal Centre (HALC) is a not-for-profit, specialist community legal centre providing legal and migration support for people living with HIV.

halc.org.au

HIV Next Steps

A resource for any person diagnosed with HIV, providing important information and referral to services, to help one come to terms with a diagnosis.

hivnextsteps.org.au

Guidelines on medication

ASHM - Australasian Society for HIV, Viral Hepatitis and Sexual Health Medicine
The Australian Commentary to the US DHHS Guidelines for the use of Antiretroviral Agents in HIV-1 Infected Adults and Adolescents has been prepared by the Australasian Society for HIV, Viral Hepatitis and Sexual Health Medicine (ASHM) Sub-Committee for Guidance on HIV Management in Australia

arv.ashm.org.au

Peak National Organizations

AFAO

Australian Federation of AIDS Organisations (AFAO) is the national federation for the HIV community response. AFAO provides leadership, coordination and support to Australia's policy and advocacy response to HIV.

afao.org.au

NAPWHA

National Association of People with HIV Australia (NAPWHA) is Australia's peak non-government organisation representing community-based groups of people living with HIV (PLHIV).

napwha.org.au

AIDS Councils and Community Peer-Led Organisations

NSW ACON Health
acon.org.au

Positive Life NSW
positivelife.org.au

ACT Meridian
meridianact.org.au

VIC Thorne Harbour Health
thorneharbour.org

Living Positive Victoria
livingpositivevictoria.org.au

QLD Queensland Council for LGBTI Health (QC)
qc.org.au

Queensland Positive People (QPP)
qpp.org.au

NT Northern Territory AIDS and Hepatitis Council Inc. (NTAHC)
ntahc.org.au

WA WAAC
waac.com.au

Positive Organisation Western Australia (POWA)
positivewa.org

TAS Red Thread
redthread.org.au

SA Positive Life SA
positivelifesa.org.au

THANK YOU

ACON and Positive Life NSW thank all the people living with HIV who were central to the development of this resource. ACON and Positive Life NSW strongly endorse the greater and meaningful involvement of people living with HIV in all aspects of the HIV response. We actively applied these principles in the development of this resource. We likewise thank the community members who came forward to inform this resource and be featured in the photography. We also thank ViiV Healthcare for providing us funding to create this community tool.

ACON and Positive Life NSW have a vision for a world free of stigma. We will remain steadfast and committed to building resilience and allyship in order to achieve this goal. We call on all of community, regardless of HIV status, to end HIV stigma together.



Positive Life NSW

The voice of all people living with HIV