

SO, YOU JUST GOT AN HIV DIAGNOSIS?

Handling disclosure & mental health



YOU SHOULD KNOW

65,270

Canadians live with HIV (CLWH)



45% avoid HIV services due to stigma & discrimination¹



57% of CLWH have a mental health diagnosis²

1 in 3 of CLWH have depression & anxiety²

92% face stigma
The top reported fear was disclosure¹

LET'S ADDRESS THE STIGMA³

FICTION

- Only homosexual people get HIV
- Others will catch HIV if they are around me
- HIV is a death sentence
- I will always be sick



FACT

- 33% of people with HIV are **heterosexual**⁴
- I can hug, share food & **interact** with others⁵
- I can live a **long, healthy life**⁶
- Treatment can achieve **U = U**⁵



UNDETECTABLE = UNTRANSMITTABLE⁷

Most who follow their treatment reach **undetectable** viral loads within 6 months
Those who are undetectable **cannot sexually transmit HIV**



Life after diagnosis



MENTAL HEALTH

A peer group can help with:⁸

- Mental health & coping⁹
- Medical decisions⁸
- Treatment adherence¹⁰



DISCLOSURE

Safe discourse has benefits:¹¹

- Improves health outcomes
- Keeps others safe
- Reduces stigma



How to stay positive:¹²

- Therapy & counselling
- Find coping strategies – art, journalling, meditation
- Sleep regularly, eat healthy foods & exercise



Who you should tell:¹³

- Sex & injection partners
- Healthcare providers
- Loved ones
- You are in control — you do **not** have to tell anyone not at risk of transmission

SO, WHAT'S NEXT AFTER DIAGNOSIS?^{7,14}

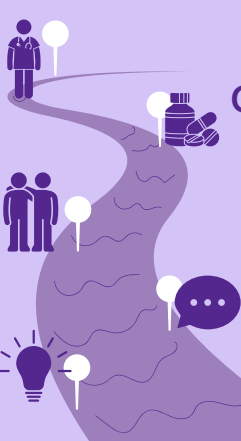
You may feel...

- sad, confused, ashamed, alone, overwhelmed, stigma, apathy, rejection, denial, anxiety, loss, anger, hopeless

Seek care

Find support

Educate yourself



Get treated & stay treated

Disclose if needed

But, you can be...

- seen, educated, strong, happy, healthy, advocate, brave, resilient, heard, thriving, loved, hopeful

Sources

Learn More

Find Help



End the stigma. #HIVawareness