

reaching OUT



ONLINE RESOURCES

- **MYHIVTEAM** - LOOKING FOR SUPPORT WITH HIV? YOU ARE NOT ALONE. MEET THOUSANDS OF OTHERS WHO UNDERSTAND.
[HTTPS://WWW.MYHIVTEAM.COM/](https://www.myhivteam.com/)
- **POSITIVE PEERS** - POSITIVE PEERS IS A PRIVATE SUPPORT APP FOR YOUNG PEOPLE LIVING WITH HIV.
[POSITIVEPEERS.ORG](https://positivepeers.org)
- **THE TRIBE: WELLNESS COMMUNITY** - PEER-TO-PEER SUPPORT GROUP FOR INDIVIDUALS OR FAMILY LIVING WITH HIV/AIDS, NEWLY DIAGNOSED TO LONG-TERM SURVIVORS.
[HTTPS://SUPPORT.THERAPYTRIBE.COM/HIVAIDS-SUPPORT-GROUP/](https://support.therapytribe.com/hivaids-support-group/)
- **POZ FORUMS** - POZ COMMUNITY FORUMS, A DISCUSSION AREA FOR PEOPLE WITH HIV/AIDS, THEIR FRIENDS, FAMILY, CAREGIVERS, AND OTHERS CONCERNED ABOUT HIV/AIDS.
[FORUMS.POZ.COM](https://forums.poz.com)

WHETHER WE ARE NEWLY DIAGNOSED OR A LONG-TERM SURVIVOR- LIVING WITH HIV CAN FEEL LONELY

U = U

U=U MEANS THAT PEOPLE WITH HIV WHO ACHIEVE AND MAINTAIN AN UNDETECTABLE VIRAL LOAD—THE AMOUNT OF HIV IN THE BLOOD—BY TAKING ANTIRETROVIRAL THERAPY (ART) DAILY AS PRESCRIBED CANNOT SEXUALLY TRANSMIT THE VIRUS TO OTHERS.

[HTTPS://WWW.NIAID.NIH.GOV/DISEASES-CONDITIONS/TREATMENT-PREVENTION](https://www.niaid.nih.gov/diseases-conditions/treatment-prevention)



REMEMBER WHEN VISITING ANY OF THE SITES LISTED ON THE LEFT THAT THESE ARE PUBLIC SPACES AND ANY INFORMATION YOU SHARE MAY NOT BE KEPT CONFIDENTIAL BY OTHER USERS.

STARTING TREATMENT RIGHT AWAY IS IMPORTANT

ENROLLING IN ILLINOIS HIV CARE CONNECT WILL ENABLE YOU TO RECEIVE THE CARE AND SUPPORT YOU NEED WHILE LIVING WITH HIV. IMPROVEMENTS IN TREATMENT AND ACCESS TO CARE HAVE ENABLED MANY PEOPLE WITH HIV TO LIVE FULL, BUSY LIVES IN GOOD HEALTH. HOWEVER, YOU STILL MUST RECEIVE LIFELONG TREATMENT FOR HIV; OTHERWISE, THE CONDITION MAY LEAD TO SERIOUS COMPLICATIONS, AIDS, OR OTHER ILLNESSES. BY CONSISTENTLY FOLLOWING YOUR TREATMENT REGIMEN, YOU ALSO WILL REDUCE THE CHANCES OF PASSING THE INFECTION ONTO SOMEONE ELSE.

[HTTPS://HIVCARECONNECT.COM/](https://hivcareconnect.com/)