

**I'm fairly sure I'm negative so what's the point in testing? / CHAPS,  
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# I'M FAIRLY SURE I'M NEGATIVE SO WHAT'S THE POINT IN TESTING?

Being certain of your HIV status can help you make sure that any decisions you make – about how you live and what you do with your body – are based on facts; not wishful thinking.

There is information available to help you weigh up the options and take your life forward – as healthily and happily as you can. One thing's for sure. You've got the rest of your life ahead of you.

**Better off knowing?**

To talk this through, ring the THT Helpline (12noon-10pm) on 020 7242 1010, or make an appointment at THT's London Face2Face service on 020 7816 4566. There's also a booklet "Better off knowing?" available from many gay venues, by calling the Helpline or at [www.tht.org.uk](http://www.tht.org.uk)

**CHAPS**  
COMMUNITY  
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PREVENTION  
STRATEGY

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