

HIV health trainers : a service for people living with HIV / Terrence Higgins Trust ; in partnership with NAM ; service funded by South London HIV Partnership, Pan-London HIV Prevention Programme.

Contributors

Terrence Higgins Trust
NAM (Organisation)
South London HIV Partnership
Pan London HIV Prevention Programme

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**wellcome
collection**

Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
<https://wellcomecollection.org>

A service for people living with HIV

HIV Health Trainers

terrence
HIGGINS
TRUST



*"The Health Trainer
gave me support
at the hardest time
of my life so far"*



In partnership with

www.aidsmap.com

nam

Sometimes making decisions about your health and life with HIV can be confusing and it can be difficult to know where to begin.

The HIV Health Trainer service can help you make sense of the bigger picture and make changes to help you lead a healthier life.

Your Health Trainer will offer support and information in areas that you or your clinic's staff have identified. They have a wealth of experience of working in HIV and are independent of your clinic.

They can help you understand how your treatment works, how the virus affects your body and can support you to make decisions to improve your life and health.

You can ask them anything about living with HIV – from questions about your immune system, what your test results mean and starting treatment, to safer sex, telling other people about your status and accessing services.

Your Health Trainer can help you with:

- making sense of your diagnosis
- managing side effects
- sex and relationships
- understanding your meds
- talking to your doctor
- diet and nutrition.

You can choose how your Health Trainer supports you:

- face to face
- over the phone
- by email



How to contact us

- Ask at your clinic's reception
- Visit www.tht.org.uk/healthtrainers
- Call THT DIRECT > 0845 12 21 200
- Call or text your Health Trainer:



Service funded by:



South London
HIV Partnership Pan-London HIV Prevention Programme

The HIV and sexual health charity for life

Website: www.tht.org.uk **THT Direct:** 0845 12 21 200

Registered office: 314-320 Gray's Inn Road, London WC1X 8DP

Tel: 020 7812 1600 **Email:** info@tht.org.uk

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