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HIV and AIDS Counselling

AFRIKAANS MIV- en VIGS-berading

ISIXHOSA lingcebiso nge-HIV ne-AIDS

SETSWANA Kgakololo ya Boitseanape ka HIV le AIDS



Khomanani
Caring together



AIDS Helpline 0800 012 322
www.aidsinfo.co.za

HIV and AIDS Counselling

AIDS is a disease that affects millions of South Africans. It is caused by a virus called HIV that makes it difficult for a person to fight off other diseases.

People who are HIV positive may have many feelings like fear, helplessness and anger. They may find it difficult to talk to their friends and family. They also have decisions to make about their lives. Counselling can help HIV-positive people.

Friends and family members may find it difficult to talk to those who are close to them who are HIV positive. It is important that everyone has a chance to talk about these feelings with a counsellor. Counsellors are trained to listen, and to give the right information to help people make decisions.

Anyone having an HIV test should speak to a counsellor before the test. They should discuss their test results afterwards. Counsellors give ongoing support, information and advice to HIV-positive people, their partners, friends and family.

There are many organisations that give counselling:

- Voluntary Counselling and Testing Sites
- AIDS Training, Information and Counselling Centres (ATICCs) in most big towns
- The free 24-hour AIDS Helpline at 0800 012 322
- Social workers and some community organisations
- National Association of People with AIDS (NAPWA)

**COUNSELLING
ROOM
PRIVATE**

A counsellor:

- should provide a private place for you to talk;
- must not tell anyone about what you say;
- should not judge you or your situation;
- should be understanding, and allow you to express your feelings;
- should advise you of your choices, but not make decisions for you;
- should give you information that will help you make decisions;
- should be supportive.

If you have any questions about HIV and AIDS, you can phone the free 24-hour AIDS Helpline at 0800 012 322. There are other leaflets in this series that give more information about HIV, AIDS and STIs.

AFRIKAANS MIV- en VIGS-berading

VIGS is 'n siekte, wat miljoene Suid-Afrikaners affekteer. Dit word veroorsaak deur 'n virus genaamd MIV, wat dit vir 'n persoon moeilik maak om ander siektes te beveg.

Mense, wat MIV-positief is, kan baie gevoelens soos vrees, hulpeloosheid en woede ondervind. Dit kan vir hulle moeilik wees, om met hulle vriende en familie te praat. Hulle moet ook besluite oor hul lewens neem. Berading kan MIV-positiewe mense help.

Dit kan vir vriende en familie lede moeilik wees, om te praat met diegene wat na aan hulle is en MIV-positief is. Dit is belangrik dat elkeen 'n kans het, om met 'n berader oor hierdie gevoelens te praat. Beraders is opgelei om te luister en om die regte inligting te gee, om mense te help om besluite te neem.



Enigiemand, wat 'n MIV-toets ondergaan, behoort voor die toets met 'n berader te praat. Hulle behoort hulle toetsuitslae daarna te bespreek. Beraders verleen voortgesette ondersteuning, inligting en advies aan MIV-positiewe mense, hulle maats, vriende en familie. Daar is baie organisasies, wat berading gee:

- Vrywillige beradings- en toetsentrums.
- VIGS-opleiding-, inligting- en beradingsentrums (AIDS Training, Information And Counselling Centres, d.w.s. ATICC's) in die meeste groot stede.
- Die gratis 24-uur VIGS-hulplyn, by 0800 012 322.
- Maatskaplike werkers en sommige gemeenskapsorganisasies.
- National Association of People with AIDS (NAPWA).

'n Berader:

- behoort 'n private plek te verskaf, waar julle kan praat;
- moet vir niemand vertel, wat jy sê nie;
- behoort nie jou of jou situasie te veroordeel nie;
- behoort simpatiek te wees en moet jou toelaat, om jou gevoelens uit te druk;
- behoort vir jou raad te gee oor jou keuses, maar moenie besluite namens jou neem nie;
- behoort aan jou inligting te gee, wat jou sal help om besluite te neem, en
- behoort ondersteunend te wees.

As jy enige vrae oor MIV en VIGS het, kan jy die gratis 24-uur VIGS-hulplyn bel, by 0800 012 322. Daar is ook ander blaadjies in hierdie reeks, wat meer inligting oor MIV, VIGS en SOI's verskaf.



Counsellors can offer ongoing support, information and advice to HIV-positive people, their partners, friends and family.

CONTACT STAMP

ISIXHOSA lingcebiso nge-HIV ne-AIDS

I-AIDS sisifo esihlasela izigidi zabemi boMzantsi Afrika. Ibangelwa yintsholongwane ebizwa ngokuba yi-HIV ebangela ukuba kubenzima ukuba umntu alwe ezinye izifo.

Abantu abane-HIV bangaziva benoloyiko, bephelelwa lithemba kwaye benomsindo. Bangakufumanisa kunzima ukuthetha nezihlobo nezizalwane zabo. Bakwafuneka ukuba benze izigqibo ngobomi babo. Ingcebiso ingabanceda abantu abane-HIV.

Izihlobo nezizalwane zingakufumanisa kunzima ukuthetha kwabo basondele kubo. Kubalulekile ukuba wonke umntu abe nalo ithuba lokuthetha nomcebisi ngendlela aziva ngayo. Abacebisi baqeqeshelwe ukumamela, nokunika ulwazi ukuze kuncedwe abantu ukuba bathabathe izigqibo.

Nabani na owenza uvavanyo lwe-HIV kufuneka athethe nomcebisi phambi kovanayo. Kufuneka baphinde bathethe ngazo iziphumo emva koko. Abacebisi banika inkxaso eqhubekayo, ulwazi kwanengecebiso kubantu abane-HIV, amaqabane abo, izihlobo kunye neentsapho zabo.

Mininzi imibutho enika ingcebiso:

- AmaZiko eNgcebiso ngokuzithandela kunye namaZiko oVavanyo
- AmaZiko oQeqesho nge-AIDS, awolwazi neengcebiso (aziwa ngokuba zii-ATICCs-Information and Counselling Centres) kwiidolophu ezininzi ezinkulu
- Inombolo engahlawulelwayo yamaxesha onke ye-AIDS engu-0800 012 322
- Oonontlalontle kunye neminye imibutho
- Umbutho kaZwelonke waBantu abane-AIDS (owaziwa ngokuba yi-National Association of People with AIDS-NAPWA)



Umcebisi:

- kufuneka anikele ngendawo esekhusini yokuthetha;
- kufuneka angaxeleli umntu ongomnye ngento oyithethayo;
- kufuneka angakugwebi okanye imo yakho;
- kufuneka abenovelwano, kwaye akunike ithuba lokuba uvakalise indlela oziva ngayo;
- kufuneka akucebise ngezigqibo zakho kodwa angakuthatheli zigqibo;

- kufuneka akunike ulwazi oluya kukunceda ukuba ukwazi ukuthabatha izigqibo;
- kufuneka akuxhase.

Ukuba ngaba ungaba nemibuzo nge-HIV ne-AIDS, ungafowunela ucingo lwamaxesha onke lokunceda nge-AIDS kule nombolo 0800 012 322. Akhona amanye amaphetshana kolu luhlu achaza ngolwazi oluthe vetshe nge-HIV, i-AIDS kunye nezifo zesondo ezosulelayo.

SETSWANA Kgakololo ya Boitseanape ka HIV le AIDS

AIDS ke bolwetse jo bo amang dimilione tsa batho mo Afrika-Borwa. Ba bakiwa ke magare o a bidiwang HIV o o dirang gore mmele o ketefalelwe ke go lwantsha malwetse a mangwe.

Batho ba ba nang le HIV ba ka nna le maikutlo a a tshwanang le go boifa, go ithobaga le kgafelo. Ba ka bona gole thata go bua le ditsala tsa bone le balelepa. Gape ba tshwana go dira ditshwetso ka ga matshelo a bone. Go fa kgakololo ya boitseanape go ka thusa batho ba ba nang le HIV. Ditsala le maloko a lelapa ba ka bona go le bokete go bua le batho ba ba nang le HIV ba ba tshelang le bone. Go batlhokwa gore mongwe le mongwe a nne le tshono ya go bua ka maikutlo ano le motho yo o fang kgakololo ya boitseanape. Batho ba ba fang kgakololo ya boitseanape ba katitswe go reetsa, le go fa tshedimosetso e e siameng go thusa go dira ditshwetso.



Motho le mongwe le mongwe yo a ithatlobang gore a o na le HIV o tshwanetse go bua le motho yo o fang kgakololo ya boitseanape pele ga thathaboa eo. Ba tshwanetse go buisana ka diphoto tsa thathaboa. Batho ba ba fang kgakololo ya boitseanape ba naya batho ba ba nang le HIV, batsadi ba bone, ditsala ba balelepa tshetso e e tsweletseng, tshedimosetso le kgakololo.

Go na le mekgatlo e e nayang kgakololo ya boitseanape:

- Mafelo a Baithaapi ba Kgakololo ya Boitseanape le Thathaboa
- Mafelo a Katiso, Tshedimosetso le Kgakololo ya Boitseanape ka ga AIDS (ATICCs) mo ditropong tse dikgolo ka bantsi.
- Ba AIDS Helpline ya mogala o o sa duelelweng wa nomoro 0800 012 322 ba ba nnang ba le teng diura di le 24.
- Badirediloago le mekgatlo e mengwe ya metse.
- Mekgatlo wa Setshaba wa Batho ba ba nang le AIDS (NAPWA)

Motho yo o fang kgakololo ya boitseanape:

- O tshwanetse go dira gore go nne le lefelo la sephiro le o ka buelang mo go lone;
- Ga a tshwana go bolelela ope se o se buileng;
- Ga a tshwana go atlhola kgotsa go atlhola boemo jwa gago;
- O tshwanetse go nna le kutlwiso le go go letlelela go ntsha maikutlo a gago;
- O tshwanetse go go naya kgakololo ka dilo tse o ka di dirang mme a sa go direle ditshwetso;
- O tshwanetse go go naya tshedimosetso e e tla go thusang go dira ditshwetso
- O tshwanetse go go naya tshetso

Fa o na le dipotso dipe ka ga HIV le AIDS, o ka leletsa mogala o o sa duelelweng kwa go ba AIDS Helpline nomoro 0800 012 322 ba ba nnang ba le teng diura di le 24. Go na le dipampitshana dingwe tsa thulaganyo eno tse di nayang tshedimosetso e e oketsegileng ka ga HIV, AIDS le Megare e e Tshelanwang ka Thobalano (STIs).