

Questions about HIV and AIDS : call us at National AIDS Helplines / issued by the United Kingdom Health Departments.

Contributors

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**QUESTIONS
ABOUT
HIV
AND
AIDS**



**Call us at the
National AIDS
Helplines**

The National AIDS Helplines

The National AIDS Helplines were established to provide information and answer questions about HIV and AIDS.

The service is free and you can ring, at any time, from any part of the country and know that your call is completely confidential.

The Helplines offer various choices depending on your needs, including personal advice and free literature.



Free literature

If you would like free literature about HIV and AIDS call

0800 555 777.

An up-to-date list of the literature available can also be obtained when you ring this number. It includes, for example, information about HIV and AIDS generally, safer sex and condoms, as well as information about the HIV test.

Various government departments and official bodies publish a range of leaflets on the subject. To order these free leaflets and booklets, or the National AIDS Helpline Publicity Pack, call the above number. Once the literature has been sent out, all record of your name and address is destroyed.

If you find you have questions which the literature cannot answer ring

0800 567 123

(24 hours a day, every day)

to talk in person to an adviser.

Confidential Discussion

If you would like personal information on HIV and AIDS ring **0800 567 123** to talk directly to a trained adviser.

Advisers can where appropriate give you the numbers of other local or specialist agencies.

Many callers find it easier to make personal contact with a local agency after they have taken the first step of talking to the National AIDS Helpline.

The Helpline receives hundreds of thousands of calls each year, so you can be assured that you are talking to skilled and sensitive people with a great deal of experience and knowledge about the issues.

0800 567 123

(24 hours a day, every day)

The Hard of Hearing

A special number is available for those who have Minicom machines.

Call **0800 521 361**: the service is available between 10am and 10pm, 7 days a week.

"You can ask what you want to ask"

"It was easy. If I had felt silly or embarrassed I could have put the phone down"

"They were very friendly and genuinely concerned"



Dial and Listen Service

For basic information about HIV and AIDS you can listen to taped information in the following languages free and confidentially at any time.

Bengali (Silheti)	Tel: 0800 622 501
Hindi	Tel: 0800 622 502
Gujarati	Tel: 0800 622 503
Punjabi	Tel: 0800 622 504
Urdu	Tel: 0800 622 505
Cantonese	Tel: 0800 622 506
Arabic	Tel: 0800 622 507
English	Tel: 0800 622 509

Ethnic Minority Language Services

Personal information and advice is also available in the languages and at the times shown below. All advisers also speak English.

You can also order leaflets giving basic information about HIV and AIDS in these languages by calling these numbers at any time.

Bengali, Hindi, Gujarati, Punjabi, and Urdu	Tel: 0800 282 445 on Wednesdays 6pm to 10pm
Cantonese	Tel: 0800 282 446 on Tuesdays 6pm to 10pm
Arabic	Tel: 0800 282 447 on Wednesdays 6pm to 10pm

Available to everyone

The National AIDS Helplines are here to provide information. All the services mentioned in the leaflet are free and confidential.

So if you, or someone you know, has questions or wants more information about HIV and AIDS, call the National AIDS Helplines.

National AIDS Helplines

Funded by the UK Health Departments and the Health Education Authority.

0800 567 123: Run by Broadcasting Support Services and Network Scotland Ltd.

0800 555 777: Managed for the DH and Health Education Authority by the Central Office of Information.

Phone free in confidence

Established originally as the National Advisory Service of AIDS in December 1986 with the support of BBC Radio.

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