

**Affected by HIV or AIDS? : The Red Admiral Project, a free counselling service for people affected by HIV and AIDS : 0171-835 1495.**

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**Publication/Creation**

1997.

**Persistent URL**

<https://wellcomecollection.org/works/pd9ub547>

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gay

stuck

Affected  
by HIV or  
AIDS?

français

sad

The Red  
Admiral  
Project

A free counselling  
service for people affected  
by HIV and AIDS

heterosexual

shocked

0171- 835 1495

scared

confused

man

drug user

anxious

transgender

angry

hurt

refugee

woman

white

depressed

Black

worried

African

bisexual

Asian

bereaved

español



## Are you affected by HIV or AIDS?

Being affected by HIV and AIDS raises many complex issues and emotions:

‘ I'm thinking about taking the HIV test but I can't bring myself to make the appointment. ‘ My partner has died. I don't know if I can go on without him. ‘ I know all the advice about safer sex but it just doesn't excite me. ‘ My boyfriend has just tested positive. I want to be there for him but we argue all the time. ‘ We've stopped having sex. Our relationship just isn't working. ‘ My friend has told me she's got AIDS. I find it hard to deal with and don't know who to talk to about it. ‘ I am positive and I want to get pregnant. ‘ My consultant suggested the new treatments but the thought of them makes me feel ill. ‘ We're both positive and scared that one of us will be left behind. ‘ Since my son told me he has AIDS I haven't been able to sleep. I can't stop worrying about his health. ‘ My sister died last year. I am bringing up her two children and I need to tell them how their mother died. ’

For these - and for many of the other issues that HIV and AIDS raises - **counselling may be able to help.**



## **How counselling can help you**

Counselling offers a **safe** and **private** space where you can share your very personal and unique experience of being affected by HIV. The counsellor is trained to **listen** closely to what you say and will try to help you think about - and understand - what is going on for you.

Counselling can help you:

**to understand your fears  
and anxieties**

**to feel less isolated**

**to share your mourning  
and grief**

**to think about - and understand  
- your emotions**

**to find stability in a crisis**

**to find ways of communicating  
better**

**to take up your place in society,  
for example as a gay man**

**to discover new perspectives  
on life**

**to begin to find answers to  
your problems or concerns.**



## **What Red Admiral can offer you**

The Red Admiral Project is an organisation which specialises in providing counselling to people affected by HIV and AIDS. We offer the following:

- A **free** service.
- Sessions throughout the week, including evenings and weekends.
- Counselling at a number of centres within London.
- Counselling in **languages** other than English (currently French, Spanish, German, Bosnian, Croatian and Serbian).
- An agreed number of sessions to suit your individual needs.
- A service for anyone who feels they are affected by HIV in any way. This includes people who are living with the virus, partners, family members and friends. The service is also available for people who work with people affected by HIV or AIDS, or people who are considering taking an HIV test.
- Counselling for individuals and couples.
- Considerable **expertise**. We have run a specialist HIV counselling service since 1989.
- A team of **professionally trained and qualified** counsellors.
- A service which is sensitive to the needs of different groups, for example gay men.
- **Full access**, at some of our locations, for people with disabilities.
- **Child care** at some of our locations. (Please book this in advance.)



You can make an appointment by phoning 0171-835 1495. The office is open on Monday to Friday between 10am and 6pm. We aim to offer a first appointment within 10 days of your call.

People are affected by HIV and AIDS in different ways. Everyone who comes to Red Admiral will be offered a counselling "contract" designed to meet their unique needs. This will be discussed at an initial assessment session. If Red Admiral is not the right service for you, we will discuss what other options may be available.

If you would like any further information, or would like to talk about the service in more detail, please pick up the phone and give us a call.

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Registered charity no 1000733  
Registered company no 2516082  
Registered in England

The Red Admiral Project is a member of the British Association for Counselling and the Pan-London HIV/AIDS Providers Consortium.

The Red Admiral Project is registered under the Data Protection Act 1984.



The Red Admiral Project acknowledges funding from the National Lottery Charities Board.

July 1997  
Edited and produced by  
Wordworks  
Designed by Bill Mayblin  
Photographs by Tony Sleep