

BENEFITS OF HIV TREATMENT

INFORMATION FOR PEOPLE WITH HIV

WHAT IS HIV TREATMENT?

- HIV treatment is called antiretroviral therapy or ART.
- It is safe and effective.
- Taking ART is the best way to control HIV and stay healthy.
- ART must be taken every day for life. For most people it is one pill a day.

WHEN CAN HIV TREATMENT BE STARTED?

- Anyone found to be living with HIV should start treatment as soon as possible.
- Talk to your doctor about starting treatment.



WHY SHOULD I START TREATMENT AS SOON AS POSSIBLE?

- Improve your health.
- Live a longer life.
- Have less chance of getting other serious illnesses.
- Reduce the risk of passing on HIV through sex. Even if you are on treatment you still need to have safe sex, for example, use condoms.
- Helps prevent a mother from passing on HIV to her baby.
- See your doctor for regular check-ups to make sure you get the most you can from your treatment.

WHAT ABOUT SIDE EFFECTS?

- Like all medication there may be side effects.
- People who have side effects usually only have them for a few weeks after starting treatment.
- If you have side effects, especially if they last more than a few weeks, speak with your doctor.



ACON and Positive Life NSW endorse this resource. ACON and Positive Life feel this resource provides meaningful and accurate information for people living with HIV in a supportive way.



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GETTING SUPPORT

SERVICE	WHAT THEY DO	CONTACT DETAILS
ACON	Have a range of services specifically for people newly diagnosed with HIV, including peer based workshops, a priority counselling service and one on one peer based support.	www.acon.org.au Ph. 1800 063 060
Bobby Goldsmith Foundation (BGF)	Provides care and support for people living with HIV in NSW – practically, emotionally and financially.	www.bgf.org.au Ph. (02) 9283 8666
Gay & Lesbian Counselling Service of NSW	Peer based phone and online support for lesbian, gay, bisexual, transgender and intersex (LGBTI) people, their friends and family.	www.twenty10.org.au/ Ph. 1800 144 527
HIV/AIDS Legal Centre Inc. (HALC)	Provides free legal advice and representation in HIV-related legal matters, such as discrimination, insurance and migration.	www.halc.org.au Ph. (02) 9206 2060
Multicultural HIV and Hepatitis Service (MHAHS)	Provides support in language to people from culturally and linguistically diverse backgrounds who are living with HIV.	www.mhahs.org.au Ph. 1800 108 098
National Association of People with HIV Australia (NAPWAH)	Australia's peak non-government organisation representing community-based groups of people living with HIV providing advocacy, policy, effective representation, health promotion and outreach on a national level.	www.napwha.org.au Ph. (02) 8568 0300
NSW Users and Aids Association (NUAA)	Provides practical support to illicit drug users through direct service delivery including education and training, information, referral and advocacy.	www.nuaa.org.au Ph. (02) 8354 7300 or 1800 644 413
NSW Sexual Health Clinics	Offer free, confidential, comprehensive clinical services to people living with HIV and can provide assistance with contract tracing. Can provide advice to your GP about HIV and offer shared care if that is what you prefer.	www.health.nsw.gov.au/sexualhealth/pages/sexual-health-clinics.aspx Or call the NSW Sexual Health InfoLink to find out where your closest clinic is Ph. 1800 451 624
Paediatric and HIV in Pregnancy Service	Provides medical management, psycho-social support, research, consultation and education to children, families and pregnant women affected by HIV.	(02) 9382 1111 page 44445 or 0413 085 469 http://www.schn.health.nsw.gov.au/parents-and-carers/our-services/immune-deficiency-and-hiv/sch
Positive Life	Provides information, advocacy, referral and advice on issues relevant to people with HIV.	http://www.positivelife.org.au/ Ph. 1800 245 677
Pozhet	Provides support, information, events and referrals for heterosexual people with HIV in NSW.	www.pozhet.org.au (includes information about the Pozhet Facebook group) Ph. 1800 812 404 (Heterosexual HIV Info line)
Sex Workers Outreach Project (SWOP)	Provides peer based outreach, support and referrals to all sex workers living within NSW.	http://www.swop.org.au/ Ph. (02) 9206 2166