

I used to think I only had a few years left

So I partied harder than ever. Booze, fags, drugs, sex; I just didn't care.

But getting ill made me realise how precious my health is. Living with HIV can be tough, but fourteen years on I feel better than I have for a long time. The meds are controlling my HIV and now I've learned to listen to my body and look after myself.

I'm

positive

about my future

If you want information about living well with HIV, speak to a health advisor or dietitian at your HIV clinic.

Antidote LGBT is a Soho based drugs and alcohol support service for gay men. Call 020 7437 3523 or visit www.thehungerford.org/antidote.asp

GMFA runs a stop smoking course for gay men. Call GMFA on 020 7738 3712.

If you want to speak to someone about HIV and AIDS, call THT Direct on 0845 1221 200.



For more information, visit www.gmfa.org.uk/positive

GMFA projects are developed by positive and negative volunteers.

To volunteer or donate call 020 7738 6872 or go to www.gmfa.org.uk

Charity number 1076854.