

I never thought I'd find love again

After I was diagnosed, I found it difficult to get close to anyone. I felt tainted and totally undeserving of love.

Coming to terms with having HIV wasn't easy. It took me a long time to realise that there's more to me than the virus. Now I know that I'm capable of loving and being loved, regardless of my HIV status.

I'm

positive

about my future

For individual and couple relationships counselling where one or both of you are HIV positive, or to speak to someone about HIV and AIDS, call THT Direct on 0845 1221 200.

PACE offers couple counselling for gay men and relationships workshops. Visit www.pacehealth.org.uk or call 020 7700 1323.

Relate offers advice and relationship counselling regardless of your sexuality. If you want to talk to someone about your relationships, past, present or future, visit www.relate.org.uk or call 0300 100 1234.

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.

