

## Living with HIV

When you find out you have HIV, it can have the same impact as a bomb exploding. Or perhaps you were already expecting it in one way or another. The diagnosis can raise many questions. What does the future hold for me? How will my life change? Who can I talk to?

## Sensoa Positief

Sensoa Positief offers support to people with HIV and their environment. The service is free and confidential. It is possible to stay anonymous.

### What do we offer?

online information and telephone advice about living with HIV  
individual chats with a member of staff or another person living with HIV  
assistance in difficult times  
activities where you can meet HIV-positive people  
support in case of reported discrimination  
[Positiefcontact.be](#) [1], an online forum for people with HIV

### What is our aim?

the integration of people with HIV  
tackling the taboo and stigmatization  
defending the interests of people living with HIV

### Contact us

078-151.100, Monday from 1:00 PM to 4:00 PM and Thursday from 6:00 pm to 9:00 PM  
positief [at] sensoa.be  
Sensoa Positief also supports care providers. They can call on us for information, training and advice.

## Brochure living with HIV

In the brochure [Living with HIV you find basic, understandable information](#) [2] about different aspects of living with HIV.

The brochure is written for people with HIV and for partners, family, friends, colleagues and professionals. It is also available in Dutch and French.

## Other websites

There are good websites in English about HIV and living with HIV.

[www.aidsmap.com](http://www.aidsmap.com) [3]  
[www.myhiv.org.uk](http://www.myhiv.org.uk) [4]  
[www.thebody.com](http://www.thebody.com) [5]  
[www.catie.ca](http://www.catie.ca) [6]  
[www.hivandhepatitis.com](http://www.hivandhepatitis.com) [7]  
[www.shetoshe.org](http://www.shetoshe.org) [8]  
[www.aidsmeds.com](http://www.aidsmeds.com) [9]  
[www.avert.org](http://www.avert.org) [10]  
[www.hivstopswithme.org](http://www.hivstopswithme.org) [11]  
<http://aids.about.com> [12]  
<http://i-base.info> [13]  
[www.unaids.org](http://www.unaids.org) [14]  
[www.aidsinfonyet.org](http://www.aidsinfonyet.org) [15]  
<http://together-we-understand.oksigenlab.eu/> [16]

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**Bron-URL:** <https://www.levenmethiv.be/living-hiv>

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Sensoa Positief is er voor iedereen die geraakt is door hiv. Voor meer info surf naar [www.levenmethiv.be](http://www.levenmethiv.be), mail [positief@sensoa.be](mailto:positief@sensoa.be) of bel 078-151.100.