

21 November 2013

Workshops for people living with HIV

The Albion Centre aims to promote the health and wellbeing of people affected by HIV.

This includes supporting mental health and having a holistic approach to HIV treatment.

HIV remains a stigmatised disease and mental health issues amongst HIV positive Australians are a major problem.

Both this District and the Ministry of Health are committed to lowering rates; improving testing for the community including outreach testing and improving the care provided.

The rates of depression and anxiety are significantly higher in HIV populations as are the rates of smoking and drug and alcohol use.

Economic hardship and social isolation are substantial issues as People Living with HIV may have less support due to rejection from family because of sexuality, drug use and HIV status.

A recent Australian study showed that among Australian gay men aged 40 years or older, People Living with HIV were more likely to be receiving treatment for mental health conditions than HIV negative men.

Those living with HIV were also experiencing more psychological distress than HIV negative men (Lyon, Pitts & Grierson, 2012).

Given the increased risk of experiencing symptoms of psychological disorders, the Albion Centre Psychology Unit provides psychological support for anyone impacted by HIV who would like treatment.

All psychological treatment is free and confidential.

We are also currently running a series of workshops addressing common issues for PLWH and would welcome your participation:

Anxiety and Stress	4 December 2013
Good habits for better sleep	8 December 2013
Improved Couple Communication	12 February 2014
Adjustment to HIV: Emotions, Disclosure and Safe Sex	26 February 2014
Distress Tolerance	12 March 2014
Mindfulness Skills	26 March 2014

You can call the Albion Centre and speak to an intake psychologist during business hours.

If you need help immediately you can call Lifeline on 13 11 14 – they listen to you 24/7, or you can go to your local hospital and they will be able to assist.