

Mental Health + HIV

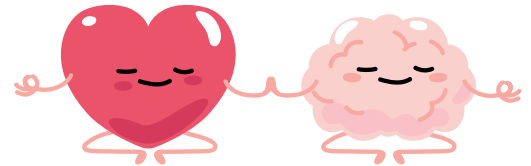
Mental health care is part of HIV care



Living with a chronic condition like HIV can be stressful.

People living with HIV are more likely to face mental health challenges like depression, anxiety, PTSD, or addiction.

Taking care of your mind helps you take care of your body, and vice versa.



How can I take care of my mental health?



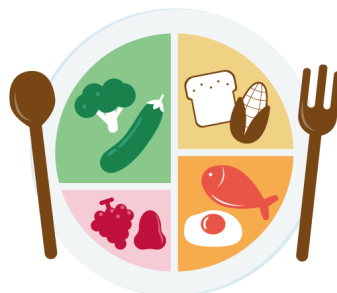
- Spend time with others
- Find a support group

- Move your body
- Do things that bring you joy



- Get enough sleep
- Take time to relax

- Eat healthy foods
- Limit alcohol & drug use



How can I get help?

Anywhere in the United States:

24/7 Suicide & Crisis Lifeline
Call or text 988

Crisis Text Line
Text HOME to 741-741
crisistextline.org

NAMI
nami.org/findsupport

In the Philadelphia Area:

Healthy Minds Philly
healthymindsphilly.org

Siloam Wellness
siloamwellness.org

COMHAR
comhar.org

Talk with your health care providers about what you need to support your mental health.



To learn more,
visit us at
linktr.ee/neurohiv

