

STIGMA IS OUR GREATEST BARRIER

“When I was first diagnosed with HIV people stopped coming over. I was lost for a while and I felt the need to educate my community. I’m happy now that I found people who support me when I need it most.”

Carol, Magnetawan First Nation

www.anishinabek.ca



Getting support from family, friends, and partners can make a big difference for someone living with HIV and there is some evidence that optimism contributes to the overall health.

People with HIV might feel alone, isolated, and frightened at times. More than anything, they need good friends like you to lean on and trust.