

MENTAL HEALTH SERVICES

Understanding how HIV might affect your mental health can help you if you face mental health challenges.

Learning you have HIV may be very difficult for you and your loved ones. However, there are resources in Los Angeles County to help you treat your HIV infection, and find support for mental health and emotional challenges. It is important to be honest with your care provider about your feelings. They may be able to help refer you to other providers or determine whether your HIV medications are affecting your mental health.

What HIV-Related Mental Health Issues May Occur?

Mental health issues that might occur in people with HIV include:

- Stress
- Anxiety
- Dementia
- Grief
- Denial
- Suicidal thoughts

These issues could lead to unhealthy behaviors if not addressed. Understanding how HIV affects your mental well-being will help you. Recognizing these symptoms early and seeking help in treating these symptoms is an important part of your self care.

What Kind of Mental Health Services are Available?

-Individual Counseling: You and your counselor will meet one-on-one to talk about your mental health issues and to develop a treatment plan.

-Couples Counseling: You and your partner or significant other meet jointly with a counselor to talk about your issues and develop a treatment plan. If your partner is HIV negative, couples counseling can help you understand the issues you face together. Even if you are coping well, your partner may need your support in resolving his or her own issues.

-Family counseling: You and your family meet with a counselor.

-Group counseling: Meet with peers to get and give support, learn about resources and understand that you are not alone.

-Psychiatric treatment: Meet with a doctor who will help you understand how medication may help you.

FOR MORE INFORMATION

Visit www.hivla.org for the most up-to-date Mental Health and Peer Support listings.

Contact the Los Angeles County Department of Mental Health Access Center at (800) 854-7771

If mental health services are not delivered appropriately, please contact OAPP's warmline @ (800) 260-8787.