

## Tested HIV Positive? Connect with you local Body Positive Peer Navigator



As a community based organisation supporting people living with HIV (PLHIV), Body Positive is uniquely placed to support an individual following a positive HIV diagnosis.

No one understands the reality of HIV better than someone who lives with it every day. Peer Navigators - specially trained members of the community who are living with HIV - support others who are learning to cope with the daily challenges of living with HIV.

We understand HIV and the misinformation and stigma that exists, so rest assured if you reach out to a Peer Navigator, **it will be a uniquely safe and confidential space.**



**+BODY POSITIVE**  
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## HIV+ PEER NAVIGATION

**SUPPORT**

**CARE**

**ADVICE**

**SERVICES**

## What a Peer Navigator does



Working in partnership with your healthcare team, Peer Navigators share their experience

of being diagnosed, considering treatment and living with HIV.

They help people navigate the sometimes intimidating world of HIV treatment and services, by providing a range of support activities that include:

- ◆ Explaining the basics of HIV/AIDS and self-care to the newly diagnosed
- ◆ Connecting people with needed services and support
- ◆ Assisting with appointment reminders
- ◆ Accompanying clients to appointments
- ◆ Acting as a liaison between clients and their care providers

**Peer Navigators give you someone to turn to who has already 'been there'.**

## Discussions with a Peer Navigator can include:



- ◆ **Understanding** how **HIV** is considered an episodic, manageable illness
- ◆ **How HIV is transmitted** and how to minimise ongoing transmission
- ◆ **Treatment information**, including how HIV affects the body and the benefits of treatment uptake to prevent disease progression and transmission
- ◆ **Disclosure**: when to tell others about your HIV status, including your legal rights and responsibilities
- ◆ **Managing your health**, including the value of nutrition and exercise to prevent disease progression and the value and cautions of complementary and alternative therapies

**Talking with someone who is HIV+ can reduce the stress and anxiety of being told you are HIV positive**

**Connect with your local Peer Navigator:**

**support@bodypositive.org.nz**

**0800 HIV LINE (448 5463)**

**www.bodypositive.org.nz/support**

