



Remember

- **remember** the millions of lives we have lost to HIV all over the world
- **remember** the dark days of the early HIV epidemic, when HIV was commonly referred to as the 'gay plague' and there were no laws to protect people living with HIV from discrimination
- **remember** that stigma still has a major impact on the mental and physical health of people living with HIV, with 50% uncomfortable sharing their HIV diagnosis with anyone
- **remember** how important testing is to reach our goal of ending HIV by 2030, with over 8% of people living undiagnosed with HIV and unable to access life-saving care
- **remember** how far we've come together. Thanks to the global effort and the relentless fight of so many people, we've achieved incredible things, from life-saving treatment that means people can live long, healthy lives free from the worry of passing on the virus, to legislation to protect the human rights of people living with HIV and stigma busting education.

Together we can do so much, thank you.



- **support people living with HIV to lead happy, healthy lives**
- **smash HIV stigma**
- **make the future free from HIV transmissions**
- **let everyone know how to protect their sexual health**

This World AIDS Day, help protect our services.

Donate online at tht.org.uk/donate or call **0207 812 1612** (Monday to Friday 9am – 5pm).

Call THT Direct on **0808 802 1221** for support, advice and information.

You can also email us on info@tht.org.uk.

Terrence Higgins Trust is a registered charity in England and Wales (reg. no. 288527). Company reg. no. 1778149 and a registered charity in Scotland (reg. no. SC039986).



THT DIRECT > 0808 802 1221



World AIDS Day 2020



Create a better future

- **create a better future** so that no more lives are needlessly lost to HIV, through ending transmissions by 2030
- **create a better future** so that people living with HIV can live free from stigma and discrimination
- **create a better future** so that no matter how someone's HIV diagnosis affects them, they can access holistic support to live a happy and healthy life
- **create a better future** so that people living with HIV can access safe and reliable information
- **create a better future** so the voices of people living with HIV are heard loud and clear and their interests are not forgotten.

Together, we will continue to support people living with HIV so they can live their best lives, free from prejudice and discrimination.

TOGETHER WE CAN...

Make sure that people living with HIV can afford basic necessities

'After being flung in at the deep end with my HIV diagnosis, I was worried, scared and full of anxiety.'

'Terrence Higgins Trust helped me get the psychological help that I needed. They also gave me two grants from the Hardship fund to help me get back on my feet and travel to hospital appointments without worry. Things are starting to look up and I feel positive about what the future holds. I am becoming better and better everyday and feel my confidence coming back again. I want to thank Terrence Higgins Trust for helping me in the right direction.'

Often, many of the people that access the Hardship Fund have no recourse to public funds, may be unable to work as a result of health or immigration issues, are going through benefits changes, or are a single parent on low or no income.

The unemployment rate for people living with HIV is already three times the national average. Please give today so we can help people in financial crisis.

TOGETHER WE CAN...

Help reduce isolation through Terrence Higgins Trust at Home



With your support, in March this year we acted quickly to move our vital counselling online to help thousands of people living with and affected by HIV during lockdown. 82% of people aged 50+ living with HIV have experienced moderate to high levels of loneliness, and nearly half of women living with HIV have had a mental health diagnosis since their HIV diagnosis.

With all of our face-to-face services put on hold, we launched our emergency online response platform, Terrence Higgins Trust at Home, providing free online counselling and emotional wellbeing support, employment development sessions and living well webinars.

As we've seen over the decades of the HIV epidemic, incredible progress can be made when everyone works together and stands in solidarity through the hardest of times.

Demand for our counselling increased by 50% over lockdown and we are currently supporting up to 100 people every week.



Elefthérios's story

'Who I am today is a testament to the Work Positive Programme'

'I was happy just looking forward to the next workshop and to be talking, connecting and interacting with other people like me who had the same thirst for connection.'

'During the workshops I felt allowed to be myself, to be positive, to remain authentic and be free to bring and share my own ideas and thoughts and experiences without censoring or judgement. I got fully accepted for who I am and treated as a valid human being. Feelings that words aren't enough to describe.'

'Before I got involved with Terrence Higgins Trust I was fearful, and filled with insecurities and anxiety... Who I am today is a testament to the Work Positive Programme and the Wellbeing Workshops. This programme actually works and transforms those that they are willing to work it with honesty, open-mindedness, trust, good faith and commitment so that they truly have the desire to go to any lengths to change their lives.'

TOGETHER WE CAN...

Help support people living with HIV back into the workplace

TOGETHER WE CAN...

Be there to answer every call from someone in crisis

People living with HIV are among the most likely to be worrying about their health at this time, particularly if they are not yet on effective treatment, have been living with HIV for a long time, or have compromised immune systems.

In early April, the Government texted people with HIV telling them to shield even though they didn't need to. Our support and advice helpline THT Direct was inundated with calls from people who were confused and worried. During lockdown, enquiries to THT Direct increased by 20%, and we answered 3,488 queries including many from people concerned about what coronavirus meant for their health.

With pressure on the NHS, we have also needed to be there to step up and fill that gap in provision to ensure no-one's left without anyone to turn to during this difficult time.

Your support means that we were there at the other end of the phone providing reliable information about COVID-19 to people living with HIV.

'I really needed some clarification about shielding because everyone living with HIV were being treated as vulnerable people without making any distinctions. I want to thank THT Direct for giving me such a full answer about what the coronavirus meant for my health. I also really appreciate the regular updates on the website.'