MENTAL HEALTH CHALLENGES FOR PEOPLE LIVING WITH HIV

Many people living with HIV also struggle with their mental health. 55 in 100 people living with HIV struggle with one or more mental health problems (MHP) such as depression and anxiety.

DEPRESSION, ANXIETY, AND PTSD ARE COMMON AMONG PEOPLE LIVING WITH HIV

- **39%** STRUGGLE WITH DEPRESSION
- **28%** STRUGGLE WITH ANXIETY
- **64%** STRUGGLE WITH PTSD

Many factors contribute to MHP in people living with HIV:

- Housing Insecurity
- Job Insecurity
- Criminalization
- Discrimination/Stigma
- Lack of Healthcare Access

RESOURCES FOR PEOPLE LIVING WITH HIV

Florida HIV/AIDS Hotline
Call 211
800-FLA-AIDS (800-352-2437) English
800-545-510A (800-545-7432) Spanish
800-AIDS-101 (800-243-7101) Haitian Creole
888-503-7108 TDD/TTY users

Suicide and Crisis Lifeline
Call 988
Available in English and Spanish

SAMHSA’s National Helpline
1-800-662-HELP (4357)
Available in English and Spanish

SCAN THE QR CODE FOR REFERENCES