



## **THE SOUTH AFRICAN DEPRESSION AND ANXIETY GROUP**

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### **Depression and HIV**

Everybody feels sad sometimes. This is normal. If you feel so sad that you cannot carry on with your daily life you may have depression.

#### **What happens when you have depression?**

- You feel sad all the time
- You sleep too much or too little
- You eat too much or too little
- You are not interested in doing fun things anymore or being with friends
- You are tired all the time

If you have HIV, you will probably feel very sad, be angry and be scared. Many people who have HIV feel depressed. You are not alone. You **CAN** make yourself **FEEL BETTER**. You do not have to feel depressed. There are people who can help you and there are things you can do to make yourself feel better.

**FAMILY AND FRIENDS CAN HELP** if they know that you have HIV. They can care for you. It is important to tell someone that is close to you. You must tell them how you feel.

#### **Having HIV can cause many problems for you.**

- You might ask where you got the infection from, when you will become ill and what treatment you will be able to get
- You might worry about what your partner, family and friends will think of you
- You might worry about your unborn child getting HIV, if you are pregnant
- You may worry about future sexual encounters

#### **What can you do to make yourself feel better?**

- You can visit a Doctor, who will give you medicine to make you feel better and tell them how you feel
- You can meet and talk to other people who also have HIV
- You can eat healthily
- You can exercise and go for long walks
- You can get enough sleep
- You can spend lots of time with friends
- You can listen to music or sing

**REMEMBER you must still take your medicine every day.** It is very important to listen to your Doctor and to do everything that they tell you.