Annexure 5: Psycho-social Care

Some psycho-social issues that a person may face when learning about their HIV status

- Guilt or anger or denial about infection.
- Depression.
- Fear of death.
- Conflicts with sexual/romantic/marital partner/guru/nayak.
- Stigma and discrimination by other people and its consequences (losing job, loss of sex-work).
- Losing the will/purpose to live.

Psycho-social support is given

- To help accept living life as a PLHIV.
- To help in coping with a positive test result.
- To cope with feelings of grief, anger and all the other emotions stated above.
- To enable behaviour change, building self-esteem, assertiveness, and self-confidence.
- To identify social support groups and/or networks who can support PLHIV, especially PLHIV from MTH communities.
- To explore beliefs, attitudes, and values related to sexual practices, gender, safer sex, and reducing or avoiding high-risk behaviours.

Supportive activities that could be provided

- Providing effective psychological support and counselling to PLHIV, partners and their families.
- Starting support groups and supporting their activities, establishment and activities of PLHIV self-help groups (SHGs).
- Facilitating groups which provide religious, spiritual and emotional support.
- Establishing referral links with other agencies offering specialized psychological care.
- Raising awareness among hijra gharanas, families and other MTH communities to reduce stigma and discrimination.
- Informing PLHIV and their families on the importance of understanding welfare schemes, inheritance issues and financial planning.