

# mental health

31/03/09

Life with HIV can involve stresses and strains, but there's a lot you can do to look after your emotional wellbeing.

Come along to ask questions and find out how you can help yourself.

- What support is available to me?
- What steps can I take to feel better?
- Would switching treatments help?

## Speakers

Dr Stuart Gibson, CASCAID  
Sharon Kalsy, The Hillingdon Hospital

## When

Tuesday 31st March 2009, 7-9pm

## Where

University of London Union, Room 3E,  
Malet Street, London WC1E 7HY

## Entry is free

Questions from the audience are welcome.  
Light refreshments will be provided.

If you have any special requirements please contact  
NAM prior to the event on 020 7840 0050.

