

For all Two-Spirit, gay, bi, trans, queer men living with HIV

Mental & Emotional Health

-  I am struggling with my HIV diagnosis, the stigma, and the subtle and overt discrimination I encounter. Sometimes I get so much anxiety when I am going to disclose my HIV status to anyone. What can I do to manage and cope with all of this as it affects my mental and emotional health and confidence?
-  Can you recommend or refer me to any professional who is knowledgeable about HIV for my mental and emotional health needs?

Dating, Disclosure, and Sexuality

-  I met a great guy recently, and I really like him. How do I disclose my HIV status to him? I am so worried he will reject me once I disclose to him. What can I do to be prepared for this?
-  I have considered getting back into dating. But it is so complicated out there to navigate the challenges of dating, intimacy, and sex while living with HIV. Any suggestions on how I should manage this going forward?
-  What are your thoughts on the importance of open and honest communication in dating and sexual intimacy from the beginning, regarding my HIV status, even though I am undetectable?
-  My boyfriend is HIV-negative and on PrEP. He is super cool with my HIV status, and I have an undetectable viral load, but I have a lot of anxiety when I am topping him bareback and cumming in him. Any suggestions on what I can do to manage my anxiety?

