



# HOW CAN LONG-TERM HIV SURVIVORS COPE WITH SOCIAL ISOLATION



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It's normal to feel depressed, isolated, or rejected. You are not alone.

Here are Ways to Deal with **Isolation and Loneliness**:

**Intentional Socializing**

Engage in a fun activity with people that share one interest with you.



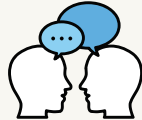
**Empathize**

Put yourself in someone's else's shoes. You will be able to connect with one another.



**Contact Others**

Motivate yourself to make a virtual date. See how good you feel after this event.



**Today:** Challenge yourself to reach out to one other long-term survivor.  
Acknowledge their epic story.



**SOURCE: DR. JILL GOVER, BEHAVIORAL HEALTH MANAGER FROM DESERT AIDS PROJECT**

**[CLICK HERE](#) TO LEARN MORE FROM DR. JILL GOVER**

**CREATED BY: UCR HIV AND AGING TEAM**

