



remember the millions of lives we have lost to HIV/AIDS all over the world.

remember the dark days of the early HIV epidemic, when HIV was commonly referred to as the 'gay plague' and there were no laws to protect people living with HIV from discrimination.

remember that stigma still has a major impact on the mental and physical health of people living with HIV, with 50% uncomfortable sharing their HIV diagnosis with anyone.

remember how important testing is to reach our goal of ending HIV by 2030, with over 6% of people living undiagnosed with HIV and unable to access life-saving care.

remember how far we've come together. Thanks to the global effort and the relentless fight of so many people, we've achieved incredible things, from life-saving treatment that means people can live long, healthy lives free from the worry of passing on the virus, to legislation to protect the human rights of people living with HIV and stigma-busting education.

Together we can do so much, thank you.



■ **Support people living with HIV to lead happy, healthy lives**

■ **Smash HIV stigma**

■ **Make the future free from HIV transmissions**

■ **Let everyone know how to protect their sexual health.**

This World AIDS Day, help protect our services.

To see how you can get involved and support us this World AIDS Day, get in touch:

Twitter & Instagram @[thtorguk](#) and @[thtchampions](#)

Web: [tht.org.uk/wad](#)

Or donate online at [tht.org.uk/donate](#) or call **020 7812 1612** (Monday to Friday 9am – 5pm).

Call THT Direct on **0808 802 1221** for support, advice and information.

THT DIRECT > 0808 802 1221

You can also email us on info@tht.org.uk.

Terrence Higgins Trust is a registered charity in England and Wales (reg. no. 288527). Company reg. no. 1778149 and a registered charity in Scotland (reg. no. SC039986).



World AIDS Day 2021



... remember those we have lost, and how far we have come since the early days of the epidemic

... join in solidarity with those living with HIV today

... work together to stop HIV transmissions and end the epidemic

Together, we will continue to support people living with HIV so they can live their best lives, free from prejudice and discrimination.



TOGETHER WE CAN...

'After being flung in at the deep end with my HIV diagnosis, I was worried, scared and full of anxiety.'

TOGETHER WE CAN...

Help reduce isolation through Terrence Higgins Trust at Home



TOGETHER WE CAN...

Be there to answer every call from someone in crisis

'I really needed some clarification about shielding because everyone living with HIV were being treated as vulnerable people without making any distinctions. I want to thank THT Direct for giving me such a full answer about what the coronavirus meant for my health. I also really appreciate the regular updates on the website.'

Over the last 18 months, more people living with HIV have struggled to afford their basic needs, such as food, clothing, or travel to attend a doctor's appointment or hospital visit. In response to the pandemic, we increased our emergency Hardship Fund grants to people living with HIV who are struggling to afford these basic necessities. During the first year of the pandemic, we gave out 538 emergency hardship grants to people in need.

Often, many of the people that access the Hardship Fund have no recourse to public funds, may be unable to work as a result of health or immigration issues, are going through benefits changes, or are a single parent on low or no income.

The unemployment rate for people living with HIV is already three times the national average. Please give today to help us support people in crisis.



With your support, we've moved our vital counselling online to help thousands of people living with and affected by HIV during the pandemic. 82% of people aged 50+ living with HIV have experienced moderate to high levels of loneliness, and nearly half of women living with HIV have had a mental health diagnosis since their HIV diagnosis.

With all of our face-to-face services put on hold, we launched our emergency online response platform, Terrence Higgins Trust at Home, providing free online counselling and emotional wellbeing support, employment development sessions and living well webinars.

As we've seen over the decades of the HIV epidemic, incredible progress can be made when everyone works together and stands in solidarity through the hardest of times.

Demand for our counselling increased by 50% during the pandemic and we are currently supporting up to 100 people every week.



'Who I am today is a testament to the Work Positive Programme'

'I was happy just looking forward to the next workshop and to be talking, connecting and interacting with other people like me who had the same thirst for connection.'

'During the workshops I felt allowed to be myself, to be positive, to remain authentic and be free to bring and share my own ideas and thoughts and experiences without censoring or judgement. I got fully accepted for who I am and treated as a valid human being. Feelings that words aren't enough to describe.'

'Before I got involved with Terrence Higgins Trust I was fearful, and filled with insecurities and anxiety... Who I am today is a testament to the Work Positive Programme and the Wellbeing Workshops. This programme actually works and transforms those that they are willing to work it with honesty, open-mindedness, trust, good faith and commitment so that they truly have the desire to go to any lengths to change their lives.'

TOGETHER WE CAN...

People living with HIV are among the most likely to be worrying about their health at this time, particularly if they are not yet on effective treatment, have been living with HIV for a long time, or have compromised immune systems.

Last year the Government texted people with HIV telling them to shield even though they didn't need to. Our support and advice helpline THT Direct was inundated with calls from people who were confused and worried. During lockdown, enquiries to THT Direct increased by 20%, and we answered 3,488 queries including many from people concerned about what coronavirus meant for their health.

Your support means that we can be there at the other end of the phone providing reliable information about COVID-19 to people living with HIV.

THT DIRECT > 0808 802 1221