

Tales from the Network

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James had been excited by the opportunity of a fresh start when he moved to the Apple Isle to be with his new partner. Unfortunately, after a short time the relationship began to deteriorate. Things got even worse when his contract ended and he was unable to find another job.

He realised that he had been financially supporting his partner and when he could no longer do this the relationship crumbled. His partner became abusive and that's when he turned to Kate for support.

Although James' job and relationship problems were not directly HIV-related, the distress and anxiety they caused undermined his general health and well-being, reducing his ability to cope. In fact, by the time he talked to Kate, both his self-esteem and his CD4 count had plummeted and his mental health was quite fragile.

James tried to end the relationship but due to his expartner's intimidation was too afraid to leave. Kate worked with him to develop strategies for managing his fear and his expartner's behaviour.

Eventually, James moved back to the mainland where he had a network of friends and job contacts. He was also familiar with the medical services there and Kate provided him with counselling and psychology referrals to ensure he would have support in his recovery.

James is determined to create a more supportive environment for himself. He is happier now and determined to control the life events which might affect his HIV health.

Kate is the HIV/AIDS Client support Officer for the Tasmanian Council on AIDS, Hepatitis and Related Diseases. You can arrange to talk to her by ringing (03) 6234 1242.

Call TasCAHRD's free information and support line on 1800 005 900 or check them out online at www.tascahrd.org.au [1]

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Links:

[1] <http://www.tascahrd.org.au>