We’ve Got Your Number

September 1, 2007 By Laura Whitehorn

Depressed? Isolated? Feel uncomfortable in an HIV support group because you’re over 50—and don’t want anyone to know you’re positive? Pick up the phone, say psychologists at Ohio University in Athens, who are studying coping techniques for older people with HIV. Their method pushes HIV support way past the hotline.

“It’s a 12-session, weekly teleconference support group,” says Timothy Heckman, PhD. Two facilitators and six to eight participants dial in to share life strategies. After the final session, many folks choose to stay in touch—by phone, of course.

Participants span the nation, Heckman says. “We’ve got folks from Cape Cod to Portland, Oregon.” Interested? It’s your (toll-free) call: 877.665.0288.

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