



Navigating Rural Living With HIV

Finding support is key to healthier outcomes.

June 15, 2026 By [Tim Murphy](#)

Here are some tips on living with HIV in rural areas:

>Have someone to talk to. If you're living with HIV in a small-town setting where everyone knows everyone's business, it's understandable you might hide your HIV status. But everyone needs someone—besides their healthcare provider—to talk to. If you don't have a supportive family member or friend you can trust, consider checking out online communities, including [POZ Forums](#), or Facebook groups, such as [HIV/AIDS Community](#) or [The Reunion Project](#).

>Connect with an HIV service agency near you or somewhere in your state. True, you may live far from the perhaps one or two agencies in your state, but it's still good to be connected to them even via phone because they could offer you a world of services, information and resources. Often, they're willing to advocate for you with healthcare and other needs. Simply use POZ's [Services Locator](#), then call the agency nearest you and tell them what you need help with. More health provider options? Transportation? Financial or social support? Share your needs!

>Consider joining local or state funding efforts. You don't even necessarily have to be out with your HIV status to help your local HIV agency lobby for more state or federal resources. Often, HIV nonprofits are the leads on such efforts—AIDS Alabama, for example, takes a contingent of clients to the state capitol yearly for lobbying days—so reach out to your nearest one and see what efforts are underway and how you could help.

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