Life Support

May 8, 2015 By Jennifer Morton

Living with HIV can be pretty hard sometimes, which is why it's important to find a group of people or some individuals who can offer you support and encouragement when you're feeling down. POZ asked you to tell us about your support networks. Here are your responses:

How would you rate your current support network?
21% – Excellent
27% – Good
23% – Fair
29% – Poor

Who makes up your current support group?
63% – Doctor/nurse/health care provider
56% – Friends
41% – Family
30% – Partner/spouse
24% – Case manager
11% – Co-workers/peers
10% – Church or religious community

Top 3 reasons for visiting a support group:
1) To be able to talk openly and honestly
2) To feel less lonely and isolated
3) To seek out information

Have you ever discussed living with HIV in a support group?
60% –Yes
40% – No

Have you ever discussed living with HIV with a counselor or therapist?
54% – Yes
46% – No

Have you ever visited the POZ/AIDSmeds Community Forums?
42% – Yes
58% – No

© 2026 Smart + Strong All Rights Reserved.
http://beta.docker.poz.com/article/survey-says-june-2015-27214-6734