State of Mind

August 5, 2014 By Jennifer Morton

According to the Substance Abuse and Mental Health Services Administration (SAMHSA), nearly one in five American adults experienced a diagnosable mental illness in 2012. People living with HIV may be more likely than the general population to develop mental disorders like depression or anxiety so it's important to talk to your health care provider about your mental health issues. In a recent survey, POZ asked you about your mental health. Here are your responses.

How would you rate your overall health?
9% - Excellent
42% - Fair
31% - Good
18% - Poor

Did you have mental health issues before your HIV diagnosis?
38% - Yes
62% - No

Have you had mental health issues after your HIV diagnosis?
83% - Yes
17% - No

Have you received treatment for your mental health issues?
76% - Yes
24% - No

30% of readers say that their mental health issues have interfered with their HIV care and treatment.

TIP: Be honest about your mental health issues when talking with your health care provider. Also, find the support you need.

Source: April/May 2014 Survey

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