Getting Through COVID-19 Together (Virtually) - The Importance of our Online Support Community

We will get through this trying time together. It is important to remember that we are stronger as a community than alone.

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This post was written by Krista Martel, executive director of The Well Project, and originally appeared on A Girl Like Me.

Founded in 2002, The Well Project was created to be a trusted virtual resource providing accurate, relevant, and up-to-date information on women and HIV. Over time, we are proud to have helped foster the development of a robust and dynamic community of diverse, resilient, and empowered women living with HIV across the globe. We have seen first-hand how this community has helped women living with HIV overcome stigma, fears, and isolation. These three negative forces have a way of rearing their ugly heads in moments of crisis, like the one we currently find ourselves in with the COVID-19 pandemic. We want you to know that The Well Project is here for you in these times of uncertainty, and will continue to provide you with evidence-based and trusted information, as well as be a source of community support and connection.

Limiting close physical contact* is one of the best things we can do to slow down the spread and acquisition of COVID-19, but it can also leave us feeling alone and isolated, which in turn can have very negative effects on our mental well-being. The Well Project has always prioritized the need to holistically manage HIV, and while the physical implications of the COVID-19 pandemic are not to be ignored (especially for our aging community, those with underlying conditions and/or compromised immune systems), managing our mental health remains equally important.

Self-care, an ongoing focus for The Well Project, will be vital in the coming days, weeks, and months, and we are working diligently to identify new strategies to supplement our current resources that will increase connection among our community and support self-care activities.

We urge everyone in our community to share only trusted, evidence-based information—taking the time to review the source and content of articles, memes, or posts before sharing on social media. In these uncertain times, it is vital that we avoid contributing to unnecessary panic and anxiety and rely on trusted resources like The Well Project. We will also share resources from our

trusted networks, which includes relationships with top experts across the field and partnerships with more than 30 leading organizations. Continue reading...

The Well Project is a non-profit organization whose mission is to change the course of the HIV/AIDS pandemic through a unique and comprehensive focus on women and girls. Visit their website, www.thewellproject.org, to access fact sheets (English and Spanish), blogs, and advocacy tools, and to join a global community of women living with HIV.

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