Mental Health, Women and HIV: Resources and Personal Stories

In acknowledgement of Mental Health Awareness Month in May, we have compiled selections from The Well Project's collection of resources and personal stories addressing mental health for women living with HIV.

May 17, 2022 By The Well Project

This post originally appeared on The Well Project.

While the reasons are unclear, studies have shown that, in the general population, women are two times more likely to experience depression than men. Further, women living with HIV across the gender spectrum are even more likely than women in the general population to experience challenges to their mental health. The ongoing COVID-19 pandemic and the isolation, grief, economic instability, and radical change to daily lives it has wrought worldwide have had negative effects on people's mental health while increasing barriers to mental health care access.

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Fact Sheets

- Depression, Women, and HIV
- Long-Term Survivors of HIV
- Stress Management
- Substance Abuse and Addiction
- Trauma and HIV

A Girl Like Me Blogs

- My August and September: Traumatized and Depressed by boseolotu
- Self by Destiny Smith
- I'm in a beautiful place. by HEROconnor

- Depression by JoDha
- Depression - JoDha’s Mind and Soul by JoDha
- The Correlation Between Mental Health and HIV/AIDS by Kara Brett
- When Depression and Discouragements Strike by KatieAdsila
- When I Reach Level Five by KatieAdsila
- My Depression, Trauma, HIV and Getting Help by MariaHIVMejia
- Survivor’s Guilt/PTSD/Anxiety/Depression by MariaHIVMejia

Other Resources

- Slides: Women, Mental Health, and HIV
- Webinar: Taking Care: Understanding and Addressing Mental Health Among Women Living with HIV

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, https://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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