

JULY is *National* **HIV AWARENESS** MONTH



From CFBHN CEO

Here at Central Florida Behavioral Health Network, we'd like to recognize July as HIV Awareness month and take this opportunity to highlight the importance of awareness, prevention, and support for those living with HIV.

HIV, or Human Immunodeficiency Virus, is a serious condition that affects millions of people worldwide. While it can lead to serious health issues, advancements in medical treatment have made it possible for individuals with HIV to live long, healthy lives. Understanding how to protect ourselves and support those affected is crucial.

One of the most effective ways to combat HIV is through regular testing. Knowing your status is empowering. It enables individuals to take the necessary steps to protect their health and prevent the spread of the virus. Testing is quick, easy, and confidential. Early detection and treatment can make a significant difference.

Mental wellness plays a vital role in the lives of those living with HIV. The emotional impact of an HIV diagnosis can be profound, leading to feelings of fear, sadness, and anxiety. It's essential to address these feelings and seek support.

At Central Florida Behavioral Health Network, we fund counseling services to help individuals cope with the emotional challenges of living with HIV. We believe that mental health care is an integral part of overall wellness. To find a CFBHN provider please use this link for our [Service Locator](#).

It's HIV/AIDS Awareness and Prevention Month!



a personal note from
Alan Davidson
President & CEO

"HIV does not make people dangerous to know so you can shake their hands and give them a hug. Heaven knows they need it."

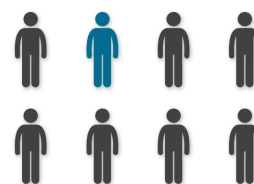
Princess Diana

There are many stories of resilience like Maria's story, a brave woman in our community. Maria was diagnosed with HIV five years ago. Initially, she felt overwhelmed and isolated. Through connecting with one of our providers, she found the support she needed to navigate her emotions and build a network of friends who understood her journey. Today, Maria is a vocal advocate for HIV awareness, encouraging others to get tested and seek support.

This July, let's commit to learning more about HIV, encouraging testing, and supporting those affected. By working together, we can foster a community of understanding, compassion, and health.

If you need further assistance, please phone 813-740-4811. After business hours, on weekends and holidays, you may select the option to speak to someone immediately and you will be transferred to the 2-1-1 line of the Crisis Center of Tampa Bay.

1 in 8 living with HIV



are **unaware** of their infection

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