

For more information about this program and other services available to people living with HIV, please contact:



711 East 2nd St
Des Moines, IA 50309
(515) 284-0245
markh@aidsprojectci.org

The photography model in this story is not the actual story character, nor is she related to the story in any way. This story is based on an interview with an actual member of our community. Names and details have been changed to protect her identity.



A Different Angle

MHCM2

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MHCM2

The Project's mental health case management program is sponsored by

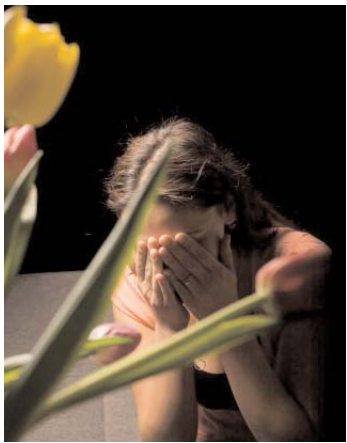


For information on The Project's mental health case management and therapeutic counseling program, contact Mark Hillenbrand at
515-284-0245
OR
markh@aidsprojectci.org

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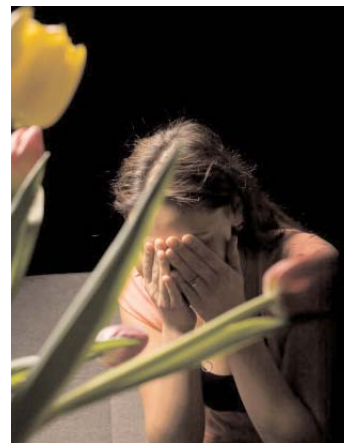


My name is Martha

I am 45 years old and a single mother. Being HIV positive, I mean it is just not something that you can tell everybody about. It is a big heavy load to carry. I suffer from depression. I know I can talk with family, I can talk with friends, but it is helpful to talk to someone who is not family or friend. You know maybe I am not totally honest with family and friends.

Counseling, some people just need it. I found out that counseling was available at the Project, and I agreed that I preferred to talk to someone who knows about HIV. It is really important to have a counselor who knows about HIV, because someone that has no clue, I mean, they don't know what you are going through. A counselor who has experience with HIV can better understand me. Ultimately, I can be more honest in counseling cause I know that Mark can't go off and tell people, whereas no matter how close a family member might be or a friend, you just don't know.

I'm not Mark's only HIV positive client, so I know that he sees it from every standpoint, those who work, those who don't work, those with major mental health issues and not so major mental health issues. I have been in counseling before, but counseling with Mark has been different in that, for one thing, just going back to my whole family history. I've never had a counselor really dig into the times when I was a child, and how I grew up. Counseling has been helpful. It gives me ideas as to why things are they way they are and really helps me look at things from a different angle.



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