ENDING THE STIGMA
HIV/AIDS MENTAL HEALTH RESOURCE GUIDE
Information for Healthy Living
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“To achieve greatness: start where you are, use what you have, do what you can.”

-Arthur Ashe
Arthur Ashe Institute for Urban Health

On December 3, 1992, two months before his death, Arthur Ashe, tennis player and humanitarian, announced the creation of the Arthur Ashe Institute for Urban Health (AAIUH) at the State University of New York (SUNY) Downstate Medical Center. The Institute was created in partnership with the SUNY Downstate Medical Center in response to concerns about health care delivery in urban America. In creating the Institute, Arthur Ashe had a keen understanding of the impact of race, class, gender, health and education on health.

Institute’s Mission & Vision

We design, incubate and replicate community-based behavioral interventions in trusted venues that empower individuals to address health conditions that unequally affect multi-ethnic communities. Our vision is an equitable healthcare delivery system that reduces health disparities, improves outcomes for underserved groups and better prepares a more inclusive healthcare workforce. We share our founder’s values of justice, service, inclusiveness and excellence, and recognize access to quality healthcare as a basic right for all.
Community Health Empowerment Model

We define Community Health Empowerment as connecting people to the information, tools and resources they need to make informed decisions, so that they can safeguard and improve the health of their families and neighborhoods by promoting wellness within their communities.

We offer training programs that meet people where they are, both literally and figuratively. Our health interventions take place in trusted settings such as barbershops, beauty salons, public housing and faith-based settings. Curricula are designed to increase knowledge, influence attitudes and build skills in both advocacy and behavior change, resulting in more informed decision-making, timelier screenings, and better health outcomes through prevention.

Using this Resource Guide

Taking steps to prevent the spread of HIV/AIDS at any age is important. Being aware of your health status and practicing healthy and safe behaviors can help prevent you from contracting HIV. Taking care of your body is one of the most important things you can do for your health and the health of your family. This resource guide will provide you with basic information on HIV/AIDS, healthy behavioral practices and available resources in Brooklyn. Please share this information with your friends and family.

THE HIV/AIDS MENTAL HEALTH STIGMA INITIATIVE

The HIV/AIDS MENTAL HEALTH STIGMA INITIATIVE of the Arthur Ashe Institute for Urban Health is a salon and barbershop-based initiative designed to address HIV prevention among individuals of African descent in Brooklyn through the lens of mental health and wellness. This project is specifically designed to train stylists and barbers as health messengers to deliver HIV/AIDS and mental health information to their customers, to increase knowledge of HIV/AIDS and different resources that can help. The project is sponsored by a grant from Gilead.
WHAT IS HIV?

*Human Immunodeficiency Virus (HIV)* is a virus that attacks cells that help the body fight infection.

There’s no cure, but it is **treatable** with medicine.

HOW CAN YOU TELL IF YOU HAVE HIV?

You **can’t** rely on symptoms to tell if you have HIV.

The **only** way to know for sure is to **GET TESTED**!
Without treatment, HIV can grow in your body for many years resulting in AIDS.
HIV and AIDS: What’s the difference?

**HIV**
- HIV is the virus that causes HIV infection.
- HIV damages the immune system by killing CD4 cells.

**CD4 Cells**
- CD4 cells are part of the immune system.
- HIV attacks and kills CD4 cells.
- Loss of CD4 cells makes it hard for the body to fight off infections.

**AIDS**
- AIDS is the last stage of HIV infection.
- As HIV infection advances to AIDS, the amount of HIV in the body increases and the number of CD4 cells decreases.
- HIV medicines can stop HIV infection from advancing to AIDS.
- Without HIV medicines, HIV advances to AIDS in about 10 years.

For more information, visit [HIVinfo.NIH.gov](http://HIVinfo.NIH.gov)
PROBLEMATIC TERM:
AIDS (when referring to the virus, HIV)

PREFERRED TERM:
HIV, HIV and AIDS (when referring to both)

WHY? AIDS is not a condition, yet a range of conditions or syndrome that occur when HIV weakens one’s immune system.

#StopHIVStigma
**HIV 101**

Without treatment, HIV (human immunodeficiency virus) can make a person very sick and even cause death. Learning the basics about HIV can keep you healthy and prevent transmission.

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**HIV Can Be Transmitted By**

- Sexual Contact
- Sharing Needles to Inject Drugs
- Mother to Baby during pregnancy, birth, or breastfeeding

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**HIV Is NOT Transmitted By**

- Air or Water
- Saliva, Sweat, Tears, or Closed-Mouth Kissing
- Insects or Pets
- Sharing Toilets, Food, or Drinks
PREVENT THE SPREAD

The spread of HIV can be prevented by doing the following:

1. **KNOW YOUR STATUS:** GET TESTED FOR HIV EVERY 6 MONTHS.
2. **Practice safe sex:** USE CONDOMS WITH PROPER LUBRICANTS.
3. **Do not share needles** WHEN INJECTING DRUGS.
4. **Take PREP** (PRE-EXPOSURE PROPHYLAXIS) IS A MEDICATION, IN THE FORM OF A PILL, THAT CAN BE USED FOR THOSE INDIVIDUALS WHO ARE HIV NEGATIVE BUT ARE CONSIDERED TO BE AT HIGH RISK FOR HIV INFECTION (E.G. HAVING AN HIV+ PARTNER; SHARING NEEDLES WITH AN HIV+ INDIVIDUAL).

In 2019, **Black Americans** represented:

- **13%** of the U.S. population who were 13 and older
- **43%** of all new HIV diagnoses

SOURCE: Centers for Disease Control and Prevention, NCHHSTP AtlasPlus
Do you know your partner's HIV status?

#ExpertVoicesHIV

#HIVBASICS

Many HIV tests are quick, free, and painless.

For more information, visit www.cdc.gov/hiv/basics/testing.html
KNOW THE STATUS

The NYC Sexual Health Clinics continue to provide low-to no-cost services for **sexually transmitted infections (STIs)**, including HIV. Anyone who is 12 years of age or older can receive walk-in services, **regardless of immigration status**. No parental consent is necessary.

If you do not have health insurance or cannot pay the sliding scale fee, you can still get services.

**NYC Sexual Health Clinic Hotline:** (347)396-7959

**Monday-Friday 9:00am-3:30pm**
WHAT IF MY TEST RESULT IS NEGATIVE?

- You probably don’t have HIV, but the accuracy of your result depends on the window period. This is the time between when you may have been exposed to HIV and when a test is able to show if you have the virus or not.

- To stay negative, take actions to prevent HIV. Visit [www.cdc.gov/hiv/basics/prevention.html](http://www.cdc.gov/hiv/basics/prevention.html) to learn more.

WHAT IF MY TEST RESULT IS POSITIVE?

- You may be given a follow-up test to confirm the result.

- If you’re diagnosed with HIV, start treatment right away. HIV treatment can keep you healthy for many years and reduce your chance of transmitting the virus to others. Learn more at [www.cdc.gov/hiv/basics/livingwithhiv](http://www.cdc.gov/hiv/basics/livingwithhiv).

“People need people.”

Living with HIV can be isolating. But with the support of people who love me and don’t judge me by my HIV status, I’m living a full and healthy life.

Help stop HIV stigma in your family and community. Learn how at cdc.gov/together
SAFER SEX 101 FOR HIV

There are now many tools to help prevent HIV. Here’s how to reduce your chance of getting or transmitting HIV through sex.

UNDERSTAND THE RISKS

Some kinds of sex are riskier than others for getting or transmitting the virus.
- Anal sex is when the penis is put inside the anus, and it is the riskiest kind of sex for getting or transmitting HIV. Being the bottom or having your partner’s penis inside you is much riskier than being the top or putting your penis inside your partner.
- Vaginal sex is when the penis is put inside the vagina. Either partner can get HIV during vaginal sex, though it isn’t as risky as anal sex.
- Oral sex is when the mouth touches the penis, vagina, or anus. There is little to no risk of getting or transmitting HIV from oral sex.
- You can’t get or transmit HIV from sexual activities that don’t involve contact with body fluids (e.g., touching).

The only way to know your HIV status is to get tested. Knowing your status can give you important information and help you make good decisions to prevent getting or transmitting HIV.

REDUCE YOUR RISK

There are a number of ways you can reduce the risk of getting or transmitting HIV.

- If you have HIV, take HIV medicine, called antiretroviral therapy (ART), as prescribed. Taking HIV medicine as prescribed can make your viral load (amount of virus in your blood) undetectable. If you stay undetectable, you can stay healthy and have effectively no risk of transmitting HIV to an HIV-negative partner through sex.
- If you are at risk for HIV, take medicine to prevent HIV called pre-exposure prophylaxis (PrEP). When taken as prescribed, PrEP is highly effective for preventing HIV from sex.
- Take antiretroviral medicine, called post-exposure prophylaxis (PEP), if you think you have been exposed to HIV in the last 72 hours and are not on PrEP.
- Get tested and treated for other sexually transmitted diseases (STDs). Having other STDs increases your risk for getting or transmitting HIV.
- Choose less risky activities like oral sex.
- Use condoms the right way every time you have sex.
- Abstinence (not having sex) is always an option.

The more of these actions you take, the safer you can be.

For more information please visit www.cdc.gov/hiv
CONDOM USE

- **Latex**: Protects against STDs & pregnancy. Use with ONLY water-based lubricants.
- **Polyurethane**: Protects against STDs & pregnancy. Water and oil-based lubricants.
- **Sheepskin or lambskin**: DO NOT protect against STDs. Only protects against pregnancy. Water and oil-based lubricants.
- **Novelty**: Protection depends on whether FDA approved. Type of lubricants to use depends on the material that the condom is made of.
HIV AND INJECTING DRUGS 101

Sharing needles, syringes, or other drug injection equipment—for example, cookers—puts people who inject drugs at high risk for getting HIV.

CAN I GET HIV FROM INJECTING DRUGS?

Yes, if you share needles, syringes, or other injection equipment with someone who has the virus. Sharing can transfer blood from person to person, and blood can carry HIV.

Also, when you’re high on drugs, you’re more likely to take risks with sex, which can increase your risk for getting HIV.

HOW CAN I LOWER MY RISK OF GETTING HIV?

The best way is to stop injecting drugs. To find a treatment program to help you quit, visit findtreatment.samhsa.gov or call 1-800-662-HELP (4357).

If you choose to inject drugs, here are some ways to lower your risk for HIV:

- Use new, clean needles and syringes every time you inject, and never share injection equipment.
- If you do share needles and syringes, always clean used needles and syringes with bleach. Cleaning your needles and syringes can greatly reduce your risk for HIV and viral hepatitis.
- Bleach can’t be used to clean water or cotton. New, clean water or cotton should be used each time.
- Take medicine to prevent HIV called pre-exposure prophylaxis (PrEP). When taken as prescribed, PrEP is highly effective for preventing HIV from sex or injection drug use.
- If you think you’ve been exposed to HIV within the last 3 days, ask a health care provider about post-exposure prophylaxis (PEP) right away. PEP can prevent HIV, but it must be started within 72 hours.
- Use condoms the right way every time you have anal or vaginal sex, or choose activities with little to no risk like oral sex. Abstinence (not having sex) is always an option.

WHERE CAN I GET NEW, CLEAN NEEDLES AND SYRINGES?

- Many communities have syringe services programs that give out new, clean needles, syringes, bleach kits, and other supplies. To find one near you, visit nasen.org/map.
- Some pharmacies sell new, clean needles and syringes.
- In some places, doctors can write prescriptions for new, clean needles and syringes.

For more information please visit www.cdc.gov/hiv
What if there were a pill that could help prevent HIV?

THERE IS.
Now’s The Time To Find Out About PrEP

PrEP can help you stay HIV-negative, even if your partner might be HIV-positive.

Includes useful tips on what to ask your doctor.
PrEP 101

Are you HIV-negative but at risk for HIV? PrEP can help keep you free from HIV.

WHAT IS PREP?

- PrEP, or pre-exposure prophylaxis, is medicine that can reduce your chance of getting HIV.
- PrEP can stop HIV from taking hold and spreading throughout your body.
- PrEP is highly effective when taken as from prescribed. PrEP is much less effective if not taken as prescribed.
- Only condoms protect against other STDs like syphilis and gonorrhea.

IS PREP RIGHT FOR YOU?

PrEP may benefit you if you are HIV-negative and ANY of the following apply to you.

You have had anal or vaginal sex in the past 6 months and
- have a sexual partner with HIV (especially if the partner has an unknown or detectable viral load),
- have not consistently used a condom, or
- have been diagnosed with an STD in the past 6 months.

You inject drugs and
- have an Injection partner with HIV, or
- share needles, syringes, or other equipment to inject drugs (for example, cookers).

You have been prescribed PEP (post-exposure prophylaxis) and
- report continued risk behavior, or
- have used multiple courses of PEP.

If you have a partner with HIV and are considering getting pregnant, talk to your health care provider about PrEP if you’re not already taking it.

VISIT YOUR HEALTH CARE PROVIDER

- To find out if PrEP is right for you.
- Every 3 months, if you take PrEP, for repeat HIV tests, prescription refills, and follow-up.
- If you have any symptoms while taking PrEP that become severe or don’t go away.
- If you don’t have a provider, visit www.preplocator.org to locate one.

HOW CAN YOU GET HELP TO PAY FOR PREP?

- Most insurance programs and state Medicaid plans cover PrEP. You may also receive co-pay assistance to help lower the cost of PrEP.
- If you don’t have insurance, consider enrolling in an insurance marketplace, PrEP assistance program, or your state’s Medicaid plan, if you are eligible for it.

For more information please visit www.cdc.gov/hiv
Your Journey to HIV PrEP

Follow these steps to get PrEP (pre-exposure prophylaxis) medication to prevent HIV.

1. GET READY
   - Talk to your health care provider.
   - Find a provider who makes you feel comfortable and supported.
   - Talk about your sex practices and drug use (if any) to understand how PrEP could benefit you and to answer questions.

2. GET SET
   - Test you to make sure you are HIV negative.
   - Test for other sexually transmitted infections (STIs), like syphilis, gonorrhea, and chlamydia, and treat if needed. Be sure all the body parts you use for sex are screened.
   - If your test comes back positive, you will be connected to HIV care and treatment.
   - If you are enrolled in the Ready, Set, PrEP program, find one of the participating pharmacies at hiv.gov/pharmacies.
   - Your provider will give you a prescription for PrEP medication and information on how to take it.

3. GET PrEP
   - Get your PrEP medication.
   - Take your prescription to your local pharmacy or find one near you.
   - Your provider may send your prescription to your preferred pharmacy.
   - Pick up your prescription in-person, through drive-thru, or by mail at your preferred address.

Staying on PrEP

- PrEP medication works when taken as prescribed.
- Visit your provider for regular follow-ups about every 3 months.
Your Journey to HIV PrEP

During follow-up visits your provider will:

- Test you for HIV. If your test comes back positive, you will be connected to HIV care and treatment.
- Test and treat other STIs. Your doctor may test you every 3 to 6 months depending upon your risk or if you have symptoms of an STI.
- Run tests to make sure your kidneys are healthy.
- Provide a prescription refill.

Staying on PrEP

» If you’re having trouble taking PrEP medication as prescribed, talk with your provider or pharmacist. Reminders such as pill boxes, apps, or alarms may help.
» PrEP doesn’t give you any protection against other STIs, so use condoms too. It works the right way every time you have sex, and condoms are highly effective in preventing HIV and some STIs like gonorrhea and chlamydia.
» If you feel you want to stop taking PrEP, talk to your provider or pharmacist for support.

IS PrEP RIGHT FOR ME?

PrEP is a safe and effective prevention option for people who are HIV-negative. PrEP medication works when taken as prescribed. Find local HIV testing sites near you to learn your status.

» You may benefit from PrEP if in the last 6 months you:
  - Had a sexual partner(s) whose status you don’t know or with HIV (especially if the partner has an unknown or detectable viral load)
  - Have not used condoms consistently and correctly
  - Had a sexually transmitted infection
» PrEP is also recommended if you inject drugs or share syringes or other equipment.
» If you live in an area where HIV is more common, getting HIV may be more likely when having sex or sharing needles. Ask your provider if HIV is common where you live and how PrEP may help protect you.
» If you have a partner with HIV and are considering getting pregnant, talk to your doctor about PrEP. PrEP may be an option to help protect you and your baby from getting HIV while you try to get pregnant, during pregnancy, or while breastfeeding.

HOW CAN I GET HELP PAYING FOR PrEP?

If you are uninsured or underinsured, there are a number of programs that may help you pay for PrEP care visits, lab tests, and PrEP medications. Your provider or pharmacist can connect you to these programs.

HELP PAYING FOR MEDICATION

” U.S. Department of Health and Human Services Ready, Set, PrEP Program:
GetYourPrEP.com 655-447-8410

» Gilead Patient Assistance Program:
www.gileadadvancingaccess.com 800-226-2056

HELP WITH CO-PAYS IF YOU HAVE INSURANCE

” Gilead Advancing Access Co-pay Card:
www.gileadadvancingaccess.com 800-226-2056

” Patient Advocate Foundation (PAF):
www.copays.org 800-532-5274

” Good Days:
www.mygooddays.org 877-968-7233

HELP WITH PAYING FOR PrEP CARE VISITS AND LAB TESTS

” Community Health Centers provide affordable, accessible, quality and value-based primary health care regardless of your ability to pay. Using sliding fee scales, services such as clinic visits and labs are provided at low or no cost.

” Other nonprofit or governmental clinics – such as STI clinics – provide ongoing clinic visits and lab costs at low or no cost.

” Find a PrEP provider at locator.hiv.gov

If you are looking for new health insurance coverage, find out if you can enroll at HealthCare.gov.

TELEPrEP PROVIDERS

” Mistr: heymistr.com
” Nurx: www.nurx.com
” Plushcare: plushcare.com
” Push Health: www.pushhealth.com

*Using multiple HIV prevention methods including Treatment as Prevention can provide added protective benefits, as well as added peace of mind for both partners.
PEP 101

If you may have been exposed to HIV* in the last 72 hours, talk to your health care provider, an emergency room doctor, or an urgent care provider about PEP right away. PEP can reduce your chance of getting HIV after a possible exposure.

WHAT IS PEP?

- PEP, or post-exposure prophylaxis, means taking medicine to prevent getting HIV after a possible exposure.
- PEP must be started within 72 hours (3 days) after you may have been exposed to HIV. But the sooner you start PEP, the better. Every hour counts!
- If your health care provider prescribes PEP, you’ll need to take it daily for 28 days.
- PEP is effective in preventing HIV, but not 100%. Always use condoms with sex partners and use safe injection practices.

IS PEP RIGHT FOR YOU?

If you’re HIV-negative or don’t know your HIV status, and in the last 72 hours you:

- May have been exposed to HIV during sex (for example, if the condom broke),
- Shared needles, syringes, or other equipment to inject drugs, or
- Were sexually assaulted,

Talk to your health care provider, an emergency room doctor, or an urgent care provider about PEP right away.

CAN I TAKE A ROUND OF PEP EVERY TIME I HAVE SEX WITHOUT A CONDOM?

- No. PEP should be used only in emergency situations.
- If you’re at ongoing risk for HIV, ask your health care provider about medicine to prevent HIV, called pre-exposure prophylaxis (PrEP).

* People are exposed to HIV by coming into contact with certain body fluids of a person with HIV, including blood, semen, and vaginal fluids. This usually happens through vaginal or anal sex or by sharing needles.

For more information please visit www.cdc.gov/hiv
Talk can be the perfect foreplay.

**Conversation Starter #1:**
“Before we take things to the next level, I think we should get tested for HIV. No matter the results, at least we’ll know how to keep each other safe and healthy.”

**Conversation Starter #2:**
“If we’re going to have sex, we should use condoms.”

**Conversation Starter #3:**
“I really like you, and like where this is going, but before we go any further, there’s something I want to tell you. I’m HIV-positive.”
Conversation Starter #4:
“I got tested for HIV and other stuff the first time about a year ago, have you ever been tested?”

Conversation Starter #5:
“Can we talk about sex? Safer sex is really important to me.”

Conversation Starter #6:
“You should know that for anal sex, condoms are non-negotiable for me. Are you ok with that?”

Conversation Starter #7:
“So we haven’t really talked about it, but can we agree that when the time comes, we’ll use condoms to keep each other safe?”
Maintain your peace of mind. Prevent HIV your way.
THE CURE

Although there is NO CURE for HIV, there are medicines available to help you live a healthy life and reduce the risk of spreading the virus to others. Speak to your doctor or healthcare provider to find out more.

HIV POSITIVE IS NOT NEGATIVE!

“If I were to say, ‘God why me?’ about the bad things, then I should say ‘God why me’ about the good things that happened in my life”

-Arthur Ashe
Many people with HIV faced challenges maintaining viral suppression.

- 4 in 10 lived in households at or below the poverty threshold
- 1 in 10 experienced homelessness
- Median score 38
- 26% reported symptoms of depression or anxiety
- 1 in 3 reported using drugs for non-medical purposes

People experienced HIV stigma. 
#StopHIVStigma

BEING UNDETECTABLE

means people with HIV have effectively no risk of transmitting HIV to their partners through sex.
What causes HIV stigma?

HIV stigma is rooted in a fear of HIV. Many of our ideas about HIV come from the HIV images that first appeared in the early 1980s. There are still misconceptions about how HIV is transmitted and what it means to live with HIV today.

The lack of information and awareness combined with outdated beliefs lead people to fear getting HIV. Additionally, many people think of HIV as a disease that only certain groups get. This leads to negative value judgements about people who are living with HIV.

What are the effects of HIV stigma and discrimination?

HIV stigma and discrimination affect the emotional well-being and mental health of people living with HIV. People living with HIV often internalize the stigma they experience and begin to develop a negative self-image. They may fear they will be discriminated against or judged negatively if their HIV status is revealed.

“Internalized stigma” or “self-stigma” happens when a person takes in the negative ideas and stereotypes about people living with HIV and start to apply them to themselves. HIV internalized stigma can lead to feelings of shame, fear of disclosure, isolation, and despair. These feelings can keep people from getting tested and treated for HIV.
NOT SURE WHAT HIV STIGMA LOOKS LIKE?

Here are some examples:

1. Believing that only certain groups of people can get HIV
2. Refusing casual contact with someone living with HIV
3. Socially isolating a member of a community because they are HIV positive

#StopHIVTogether
Almost 8 in 10 HIV patients in the United States report feeling internalized HIV-related stigma.

**What is internalized HIV-related stigma?**

It is when a person living with HIV experiences negative feelings or thoughts about their HIV status. Here, it is defined as someone agreeing with one or more of the following statements:

- “I am ashamed that I am HIV-positive.”
- “I hide my HIV status from others.”
- “Being HIV-positive makes me feel dirty.”
- “It is difficult to tell people about my HIV infection.”
- “I feel guilty that I am HIV-positive.”
- “I sometimes feel worthless because I am HIV-positive.”

Nearly 2 out of 3 say that it is difficult to tell others about their HIV infection.

Nearly 1 in 4 say that being HIV-positive makes them feel dirty or worthless.

Roughly 1 out of 3 report feeling guilty or ashamed of their HIV status.
WHY STOPPING HIV STIGMA MATTERS

1. When people are afraid of experiencing discrimination, they are less likely to be tested or treated for HIV.

2. Treating those living with HIV differently can negatively affect their ability to secure life’s necessities, like housing, employment, and medical care

#StopHIVTogether
HOW STIGMA LEADS TO SICKNESS

Many of the people most vulnerable to HIV face stigma, prejudice and discrimination in their daily lives. This pushes them to the margins of society, where poverty and fear make accessing healthcare and HIV services difficult.
WHAT CAN WE DO ABOUT STIGMA?

An effective response to the HIV epidemic must tackle the root causes of stigma and ensure services are inclusive and accessible.

**PROTECT**
- Anti-discrimination laws
  - Decriminalisation
  - Challenging violence

**INCLUDE**
- Key populations in healthcare service design and implementation
- Stigma and discrimination reduction as a goal in national strategies

**EMPOWER**
- To understand rights
- To act on violations

**EDUCATE**
- To address fears
- To change attitudes

**ADVOCATE FOR ACTION!**
HIV vs AIDS
A FEW COMMON LANGUAGE MISTAKES REGARDING HIV

AVOID

“AIDS”
(WHEN REFERRING TO HIV)

“DIED OF/FROM AIDS”

“AIDS PATIENT”
“HIV PATIENT”
“SUFFERING FROM HIV”
OR “AIDS VICTIM”

SAY

“HIV”
(WHEN REFERRING TO HIV)

“DIED OF/FROM AN AIDS-RELATED ILLNESS”

“PERSON LIVING WITH HIV”

BREAK THE BAD LANGUAGE HABIT AND THINK BEFORE YOU SPEAK.
WITH YOUR HELP WE CAN END HIV STIGMA.

THE STIGMA PROJECT
STAND UP TO STIGMA

- Talk openly about HIV and stigma
- Choose supportive language that is not stigmatizing
- Speak out to correct myths and stereotypes
- Educate yourself and others
How HIV Stigma Impacts Mental Health
Mental Health

What is Mental Health?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Over the course of your life, if you experience mental health problems, your thinking, mood, and behavior could be affected. Many factors contribute to mental health problems, including:

- Biological factors, such as genes or brain chemistry
- Family history of mental health problems
- Life experiences, such as trauma or abuse
Early Warning Signs

Not sure if you or someone you know is living with mental health problems?

**Experiencing one or more of the following feelings or behaviors can be an early warning sign of a problem:**

- Eating or sleeping too much or too little.
- Pulling away from people and usual activities.
- Having low or no energy.
- Feeling numb or like nothing matters.
- Having unexplained aches and pains.
- Feeling helpless or hopeless.
- Smoking, drinking, or using drugs more than usual.
- Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared.
- Yelling or fighting with family and friends.
- Experiencing severe mood swings that cause problems in relationships.
- Having persistent thoughts and memories you can’t get out of your head.
- Hearing voices or believing things that are not true.
- Thinking of harming yourself or others.
Common Mental Health Challenges

Anxiety

People may experience persistent or excessive worry about a number of things such as personal health, work, social interactions, and everyday routine life circumstances, which can lead to anxiety.

Symptoms of generalized anxiety disorder may include:

- Feeling restless, wound-up, or on-edge.
- Being easily fatigued.
- Having difficulty concentrating; mind going blank.
- Being irritable
- Having muscle tension.
- Difficulty controlling feelings of worry.
- Having sleep problems, such as difficulty falling or staying asleep, restlessness, or unsatisfying sleep.
Depression

People may experience changes in mood that affect how they feel, think, and handle daily activities, such as sleeping, eating, or working. A person who is depressed may have persistent symptoms nearly everyday for at least two weeks or more.

Symptoms of depression may include:

- Persistent sad, anxious, or “empty” mood.
- Feelings of hopelessness, or pessimism.
- Irritability
- Feelings of guilt, worthlessness, or helplessness.
- Loss of interest or pleasure in hobbies and activities.
- Decreased energy or fatigue.
- Moving or talking more slowly.
- Feeling restless or having trouble sitting still.
- Difficulty concentrating, remembering, or making decisions.
- Difficulty sleeping, early-morning awakening, or oversleeping.
- Appetite and/or weight changes.
- Thoughts of death or suicide, or suicide attempts.
- Aches or pains, headaches, cramps, or digestive problems without a clear physical cause and/or that do not ease even with treatment.
Substance Misuse

People with substance use disorders have difficulty or an inability to control their use of substances such as legal or illegal drugs, alcohol, or medications. Symptoms can range from moderate to severe, with addiction being the most severe form of substance use disorders.

Risk factors for substance misuse can include:

- Stress
- Trauma
- Family Stressors
- Problems with the law.
- Difficulty in Relationships.
- Co-Occurrence of Mental Illness including anxiety, depression and PTSD.

Symptoms of Substance Misuse may include:

- Lack of energy and motivation, weight loss or gain.
- Lack of interest in clothing, grooming or looks.
- Feeling the need to use the drug and/or alcohol daily or even several times a day.
- Having intense urges for the drug and/or alcohol that block out any other thoughts.
- Over time, needing more of the drug and/or alcohol to get the same effect.
- Taking larger amounts of the drug and/or alcohol over a longer period of time than you intended.
Symptoms of Substance Misuse cont’d:

- Making certain to maintain a supply of the drug and/or alcohol.
- Failing in attempts to stop using the drug and/or alcohol.
- Experiencing withdrawal symptoms when attempting to stop taking the drug and/or alcohol.
- Spending money on the drug and/or alcohol, regardless of ability to afford it.
- Not meeting obligations of school and/or work responsibilities, or a drop in grade or work performance.
- Cutting back on social or recreational activities because of drug and/or alcohol use.
- Continuing to use the drug and/or alcohol, even though it’s causing problems or causing physical or psychological harm.
- Doing things to get the drug and/or alcohol that wouldn’t normally be done, such as stealing.
Trauma

The Center for Anxiety Disorders defines trauma as a psychological, emotional response to an event or an experience that is deeply distressing or disturbing. When loosely applied, this trauma definition can refer to something upsetting, such as being involved in an accident, having an illness or injury, losing a loved one, or going through a divorce. However, it can also encompass the far extreme and include experiences that are severely damaging, such as rape, community violence or torture.

Responses to trauma can be immediate or delayed, brief or prolonged. Most people have intense responses immediately following, and often for several weeks or months after a traumatic event.

These responses can include:

• Feeling anxious, sad, or angry.
• Trouble concentrating and sleeping.
• Continually thinking about what happened.

For most people, these are normal and expected responses and generally lessen with time. In some cases, these responses continue for a longer period of time and interfere with everyday life. If they are interfering with daily life or are not getting better over time, it is important to seek professional help.
Some symptoms that may indicate that an individual may need help include:

- Worrying a lot or feeling very anxious, sad, or fearful.
- Crying often.
- Having trouble thinking clearly.
- Having frightening thoughts or flashbacks, reliving the experience.
- Feeling angry, resentful, or irritable.
- Having nightmares or difficulty sleeping.
- Avoiding places or people that bring back disturbing memories and responses.

Ways to Offer Support

Mental Health First Aid ACTION PLAN

Approach, assess and assist with any crisis
Listen non-judgmentally
Give support and information
Encourage appropriate professional help
Encourage other supports
“There’s so much more to our life together than HIV.”

It doesn’t matter that he’s positive and I’m not. What matters is that we love and support each other.

Help stop HIV stigma in your family and community.
Learn how at cdc.gov/together
PLEDGE TO

speak up when I see or hear HIV stigma.

MY PLEDGE TO
STOP HIV STIGMA

I pledge to do my part to stop HIV stigma by speaking up and taking action against stigmatizing words or actions.

If we all speak up against HIV stigma, we can stop HIV together. Learn more at cdc.gov/StopHIVStigma.
IMPORTANT RESOURCES FOR COMMUNITY HEALTH AND WELLNESS
Haitian-American Community Coalition

3807 Church Ave, Brooklyn, NY 11203
Phone Number: 718-940-2200 (Main) / 718-221-9640 (Housing)
Hours: Monday-Friday 9am-5pm
Website: www.hccinc.org

Community Counseling & Meditation

123 Linden Blvd # 200, Brooklyn, NY 11226
Phone Number: 718-693-7700
Website: www.ccmnyc.org
Brownsville Recreation Center (Shape Up NYC)
1555 Linden Boulevard Brooklyn, NY 11212
Phone Number: 718-345-2706 or (718)485-4633
Hours: Monday-Friday: 7:30AM-10:00PM, Saturday-Sunday: 8:00AM-5:00PM
Website: https://www.nycgovparks.org/facilities/recreationcenters/B270

Metropolitan Recreation Center (Shape Up NYC)
261 Bedford Ave, Brooklyn, NY 11211
Phone Number: 718-599-5707
Hours: Monday - Friday: 7:00 AM - 9:30 PM, Saturday: 7:00 AM - 5:30 PM
Sunday: 10:00 AM - 5:30 PM
Website: https://www.nycgovparks.org/facilities/recreationcenters/B085

St. John’s Recreation Center (Shape Up NYC)
1251 Prospect Place, Brooklyn, NY 11213
Phone Number: 718-771-2787
Hours: Sunday: 12PM – 1PM (Yoga); Monday: 8AM – 9AM (Yoga);
Tuesday: 7PM – 8PM (Yoga); Thursday: 8AM – 9AM (Yoga) and
9AM – 10AM (Dance Aerobics)
MA Therapy, LLC

Therapists for Black Girls & Therapists For Black Males

The Black Speakers Institute
410 Halsey St Brooklyn, NY 11233
Website: https://www.amiracrawfordtherapist.com/

Bridging Access to Care (Bridge to Recovery Mental Health Clinic)

2261 Church Ave, Brooklyn, NY 11226
Phone Number: 347-505-5176
Williamsburg: 260 Broadway (corner of Havemeyer St.)
Phone Number: (347) 505-5120
Flatbush: 2201B Bedford Avenue (corner of Church Avenue)
Phone Number: (347) 505-5146
Hours: Monday – Friday: 9:00 AM – 5:00 PM
Website: www.bac-ny.org

National Alliance on Mental Illness (NYC Metro)
505 Eighth Avenue, Suite 1103 New York, NY 10018-4541
Phone Number: 212-684-3365 (NYC Metro Area)
Helpline: 212-684-3365
Website: www.nami.org
PUBLIC CHARGE IMPACT ON SEEKING MEDICAL ATTENTION

PUBLIC CHARGE

Oftentimes immigrants may hesitate to seek medical care because of fear of being inadmissible on Public Charge rule. Public Charge is used to describe an individual who is dependent on the US government for support and is considered to be inadmissible. However, public charge does not apply to all immigrants. It mainly affects immigrants applying for lawful permanent residence (Green Cards) through family member petitions and those applying for entry into the US.

Many immigrant categories are exempt from the public charge of inadmissibility, even if they might be applying for lawful permanent residence status or a green card. The immigrant categories that are not affected by public charge include: asylees, refugees, VAWA self-petitioner, U or T visa applicants and holders, as well as people seeking or granted SIJS (Special Immigrant Juvenile Status). Similarly, public charge laws do not apply to individuals applying for US Citizenship, Green Card renewal, Asylum DACA, TPS, or DED.

When do the new public charge rules take effect?

As of March 2021, the USCIS will no longer apply the August 2019 Public Charge Final Rule and “public benefits condition.” This means, an applicant’s use of Medicaid, public housing, or Supplemental Nutrition Assistance Program (SNAP) benefits will not be seen as a public charge inadmissibility determining factor.
Benefits Not Considered Public Charge

1. **Nutrition Program:** Supplemental Nutrition Assistance Program (SNAP), Special Supplemental Nutrition Program for Women, Infants, and Children (WIC), School Lunch Programs, and Food Banks

2. **Housing Assistance Programs:** Section 8 and Public Housing

3. **Health Care Benefits:** Medicaid, Emergency Medicaid, Children’s Health Insurance Program (CHIP), state and locally-based health care programs (for services other than long-term care), and other health coverage, including subsidies for insurance purchased through Healthcare.gov and other healthcare exchanges

4. **Health Care Benefits (NYC):** NYC Care, H+H Options, Charity Care at Hospitals, or Community Health Centers with a Sliding Fee Scale

5. **Cash Benefits:** Social Security, Retirement, Veteran’s benefits

For more information on Public Charge: Call 1-800-354-0365, Monday through Friday from 9 AM to 6 PM, or call 311 and say “ActionNYC” to make an appointment with a trusted attorney for free counseling. The hotline is anonymous and available in over 200 languages.

**Key Takeaway:** Receiving health care is not a public benefit identified by the public charge rule. If you are subject to the public charge rule, taking care of your health now could strengthen your immigration application later.

**Health Tip:** Parents are not penalized for their children enrolling in Child Health Plus or other benefits. For more services available in your community look at the resource section.
MORE SUPPORT SERVICES
Screening Sites
(Providers that Prescribe PrEP/PEP)

**Bedford- Stuyvesant Family Health Center**

1456 Fulton St Brooklyn, NY 11216
Phone Number: 718-636-4500 or 929-427-1245 (call and text)
Hours: Monday – Friday 9am-5pm, Saturday – Sunday 8am - 3pm,
Service Provided: PrEP & PEP

**Community Health Care Network Williamsburg**

94-98 Manhattan Ave, Brooklyn, NY 11206
Phone Number: 718-388-0390
Hours: Mondays - Friday 9am - 5pm, Saturday-Sunday closed
Services Provided: PrEP & PEP

**Maimonides Life Forward Program**

4719 Fort Hamilton Parkway, Brooklyn, NY 11219
Phone Number: 718-283-2665
Hours: Monday – Friday: 9AM – 5PM
Services Provided: PrEP & PEP

**Medisys East New York**

3080 Atlantic Ave, Brooklyn, NY 11208
Phone Number: 718-647-0240
Hours: Monday – Friday: 7:30AM – 5PM
Services Provided: PrEP & PEP
Pierre Toussaint Family Health Center

1110 Eastern Parkway, 2nd Fl Brooklyn, NY 11213
Phone Number: 718-735-1900 x2132
Hours: Monday - Friday (except Thursday) 8:30am - 5pm, Thursday 8:30am - 6:30pm
Services Provided: PrEP & PEP

The HEAT Program @ SUNY Downstate Medical Center

450 Clarkson Ave, Brooklyn, NY 11226
Phone Number: 718-613-8453 fax: 718-613-8470
Hours: Monday, Wednesday, Friday: 9AM – 5PM
Website: http://www.heatprogram.org/
Services Provided: PrEP & PEP

HIV Testing Sites

Bridging Access to Care (Formerly known as Brooklyn AIDS Task Force)

2261 Church Ave, Brooklyn, NY 11226
Phone Number: 347-505-5176
Hours: Monday – Friday: 9AM – 8PM
Website: https://bac-ny.org/prep-pep/
*Mobile van services that include HIV Testing & Counseling.
For information on mobile unit locations call: 347-505-5120 ext.5151
Caribbean Women’s Health Association, Inc.
3512 Church Ave, Brooklyn, NY 11203
Phone Number: 718-940-9501 x201
Hours: Monday - Friday: 9am -5pm (No appointment needed)
Website: www.cwha.org

Fort Greene Free Clinic (HIV Counseling & Rapid Testing Only)
295 Flatbush Ave, Ext. Brooklyn, NY 11201
Phone Number: 718-522-1144
Hours: Monday – Friday: 8:30AM – 2PM
Website: https://www.healthsolutions.org/community-work/sexual-reproductive-health/reproductive-health-centers/

Haitian-American Community Coalition
3807 Church Ave, Brooklyn, NY 11203
Phone Number: 718-940-2200
Hours: Monday-Friday 9am - 5pm
Website: www.hccinc.org

STAR Health Center @ SUNY Downstate Medical Center
470 Clarkson Ave, Suite J Brooklyn, NY 11203
Phone Number: 718-270-3745
Hours: Monday-Friday 9am - 5pm
Website: www.downstate.edu/star
Free Condom Distribution Sites

**Arthur Ashe Institute for Urban Health (AAIUH)**

450 Clarkson Ave, Box 1232 Brooklyn, NY 11203  
Phone Number: 718-270-3101  
Website: [http://www.arthurasheinstitute.org/arthurashe/home/](http://www.arthurasheinstitute.org/arthurashe/home/)  
Note: Condoms are distributed through participating salons and barbershops participating in the Arthur Ashe Institute’s community outreach health promotion programs.

**Brooklyn District Public Health Office**

485 Throop Ave Brooklyn, NY 11221  
Phone Number: 718-637-5302  
Website: [www.nyc.gov/health/dpho](http://www.nyc.gov/health/dpho)

General Health Care Resources

**Bedford Stuyvesant Family Health Center PMC & Dental Service**

1456 Fulton St, Brooklyn, NY 11216  
Phone Number: 718-636-4500  
Website: [www.bsfhc.org](http://www.bsfhc.org)

**Brooklyn Adult Day Health Care and Care Management Facility**

803 Sterling Place, Brooklyn, NY 11216  
Phone Number: 718- 804-0900 or 855-681-8700  
Hours: Monday-Friday 8am - 5pm  
Website: [www.brightpointhealth.org](http://www.brightpointhealth.org)
**Brooklyn Hospital Center**

121 DeKalb Ave, Brooklyn, NY 11201
Phone Number: 718-250-8000
Hours: Monday-Sunday Opens 24 hours
Website: [www.tbh.org](http://www.tbh.org)

**Caribbean House Health Center**

1167 Nostrand Ave, Brooklyn, NY 11225
Phone Number: 718-778-0198
Hours: Monday-Friday 9am - 5pm
Website: [www.chnnyc.org](http://www.chnnyc.org)

**Kings County Hospital Center**

451 Clarkson Avenue, Brooklyn, NY 11203
Phone Number: 718-245-3131
Website: [www.nychhc.org/kingscounty](http://www.nychhc.org/kingscounty)

**SUNY Downstate Medical Center**

470 Clarkson Ave, Brooklyn, NY 11203
Phone Number: 718-270-3739
Website: [https://www.downstate.edu/communityhealth/programs/index.html](https://www.downstate.edu/communityhealth/programs/index.html)
Health Information Websites

Arthur Ashe Institute for Urban Health
www.arthurasheinstitute.org

Centers for Disease Control and Prevention
www.cdc.gov/

NYC Department of Health & Mental Hygiene (NYCDOHM)
www.nyc.gov/health

National Library of Medicine
www.nlm.nih.gov/

MedlinePlus
www.medlineplus.gov

AidsInfo
www.aidsinfo.nih.gov/

Refugee Health Information Network
www.healthreach.nlm.nih.gov/
Employment Services

**America Works, Inc.**

44 Court St, 7th Floor, Brooklyn, NY 11201
Phone Number: 718-797-5627 / Fax: 718-797-5053
Hours: Monday-Friday 9am - 5pm
Website: [www.americaworks.com](http://www.americaworks.com)

**Brooklyn Chamber of Commerce**

Good Help Brooklyn
335 Adams St, Suite 2700, Brooklyn, NY 11201
Phone Number: 718-875-1000
Hours: Monday-Friday 9am-5pm
Website:
[https://www.brooklynchamber.com/services/assistance-programs/good-help-services/](https://www.brooklynchamber.com/services/assistance-programs/good-help-services/)

**Center for Employment Opportunities (CEO)**

50 Broadway, Suite 1604, New York, NY 10004
Phone Number: 212-422-4430 ext. 1156
Hours: Monday-Friday 9am-5pm
Website: [www.ceoworks.org](http://www.ceoworks.org)
*Serving individuals under parole supervision, or who are on probation in the boroughs of Brooklyn and Staten Island.*
NYS Department of Labor- Workforce 1 Career Center

250 Schermerhorn St, Brooklyn, NY 11201
Phone Number: 718-780-9200
Hours: Monday – Friday 8:00AM – 5PM
Website: www.nyc.gov/workforce1

STRIVE New York

205 East 122nd St 3rd Fl, New York, NY 10035
Phone Number: 212-360-1100
Website: www.striveinternational.org
*Job placement assistance available on completion

The Doe Fund Inc., Ready, Willing, and Able Program

Brooklyn Location: 520 Gates Ave, Brooklyn, NY 11216
Phone Number: 718-628-3223 / Fax : 718-628-3223
Harlem Location: 2960 Frederick Douglass Blvd, New York, NY 10039
Phone Number: 212-690-6480
Website: www.doe.org
Family Support

*These are resources that help family members manage health-related challenges and programs to build strong family relationships

**Fort Greene SNAP**

324 Myrtle Ave, Brooklyn, NY 11205  
Phone Number: 718-694-6957  
Fax: 718-694-6958  
Hours: Monday-Friday 9:30am-5pm

- Infant Mortality Reduction Initiative: provide lessons for residents about parenting, health care, informational workshops and more for parents with children under the age of 2.

- Grandparent Caregivers Support Group: provide workshops for grandparents who are caring for their grandchildren

**The Fortune Society**

29-76 Northern Blvd, Long Island City, NY 11104  
Phone Number: 212-691-7554 / Fax: 718-706-0217  
Website: [www.fortunesociety.org](http://www.fortunesociety.org)

*Provides group and individual services to meet the needs of formerly incarcerated mothers, fathers, and expectant parents.

**The Osborne Association Family Resources Center**

175 Remsen St, 8th Floor Brooklyn, NY 11201  
Phone Number: 718-637-6560 / Fax: 718-706-0217  
Website: [www.osborneny.org](http://www.osborneny.org)
Fitness

**Brownsville Recreation Center (Shape Up NYC)**

1555 Linden Boulevard Brooklyn, NY 11212  
Phone Number: 718-345-2706 or (718)485-4633  
Hours: Monday-Friday: 7:30AM-10:00PM, Saturday-Sunday: 8:00AM-5:00PM  
Website: [https://www.nycgovparks.org/facilities/recreationcenters/B270](https://www.nycgovparks.org/facilities/recreationcenters/B270)

**Haitian-American Community Coalition (F3 & FitBK)**

3807 Church Ave, Brooklyn, NY 11203  
Phone Number: 718-940-2200  
Hours: Monday-Friday 9am-5pm  
Website: [www.hccinc.org](http://www.hccinc.org)  
*Provide free weekly aerobics and core strength training sessions.*

**M.S.2 (Shape Up NYC)**

655 Parkside Ave, Brooklyn, NY 11226  
Phone Number: 718-462-6992  
Hours: Wednesday: 6:15PM – 7:15PM

**Metropolitan Recreation Center**

261 Bedford Ave, Brooklyn, NY 11211  
Phone Number: 718-599-5707  
*Offer various fitness programs, call for membership information.*
**St. John’s Recreation Center (Shape Up NYC)**

1251 Prospect Place, Brooklyn, NY 11213  
Phone Number: 718-771-2787  
Hours: Sunday: 12PM – 1PM (Yoga); Monday: 8AM – 9AM (Yoga); Tuesday: 7PM – 8PM (Yoga); Thursday: 8AM – 9AM (Yoga) and 9AM – 10AM (Dance Aerobics)

**Red Hook Recreation Center**

155 Bay St Brooklyn, NY 11231  
Phone Number: 718-722-3211  
*Free Zumba class on Saturdays at 2PM – 3PM

**Mental Health Counseling**

**Bridging Access to Care (Bridge to Recovery Mental Health Clinic)**

2261 Church Ave, Brooklyn, NY 11226  
Phone Number: 347-505-5176  
Website: [www.bac-ny.org](http://www.bac-ny.org)

**Community Counseling & Mediation**

25 Elm Place 2nd floor Brooklyn, NY 11201  
Phone Number: 718-802-0666  
Website: [www.ccmnyc.org](http://www.ccmnyc.org)

**Haitian-American Community Coalition**

3807 Church Ave, Brooklyn, NY 11203  
Phone Number: 718-940-2200 Hours: Monday-Friday 9am-5pm  
Website: [www.hccinc.org](http://www.hccinc.org)
**Faith Missions Alcohol & Crisis Center**

11440 Van Wyck Expressway, Queens, NY 11420  
Phone Number: 718-322-3455  
Hours: Monday-Sunday Open 24 hours

**Lifenet: Mental Health Crisis Support**

Phone Number: 1-800-LIFENET (1-800-543-3638)  
Hours: 24 hours a day, 7 days a week  
Website: [https://www.mhanys.org/](https://www.mhanys.org/)

**National Alliance on Mental Illness (NAMI)**

Phone Number: 212-684-3365 (NYC Metro Area)  
Website: [www.nami.org](http://www.nami.org)

**National Suicide Prevention Lifeline**

Phone number: 1-800-273-TALK (8255)  
Hours: 24 hours a day, 7 days a week  
Website: [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

**NYC Well**

Phone Number: 1-888-NYC-WELL (1-888-692-9355)  
NYC Well Texting Service: Text WELL to 65173  
Hours: 24 hours a day, 7 days a week  
Website: [https://nycwell.cityofnewyork.us/en/](https://nycwell.cityofnewyork.us/en/)
Trained Counselors in Brooklyn

**Arab American Family Support Center**

50 Court Street, 3rd Flr, Brooklyn, NY 11201  
Contact Information: (718) 643-8000  
Website: [www.aafscny.org](http://www.aafscny.org)

**Brooklyn Perinatal Network**

76 Nevins Street Brooklyn, NY 11217  
Contact Information: (718) 643-8258  
Website: [www.bpnetwork.org](http://www.bpnetwork.org)

**CAMBA**

885 Flatbush Ave, Room 202, Brooklyn, NY, 11226  
Contact Information: (718) 287-0010  
Website: [www.camba.org](http://www.camba.org)

**Caribbean Women’s Health Association**

3512 Church Ave, Brooklyn, NY, 11203  
Contact Information: (718) 826-2942  
Website: [www.cwha.org](http://www.cwha.org)
Food Resources

**Bed-Stuy Campaign Against Hunger**

2010 Fulton St, Brooklyn, NY 11233  
Phone Number: 718-773-3551 x151  
Hours: Monday-Friday 9am-5pm  
Website: [www.bedstuyagainsthunger.org](http://www.bedstuyagainsthunger.org)  
*Have a mobile super pantry & social services*

**Bethel Seventh-Day Adventist Church**

457 Grand Ave, Brooklyn, NY 11238  
Phone Number: 718-783-3630  
Hours: Wednesday: 3PM – 5PM Website: [www.bethelsda.org](http://www.bethelsda.org)

**CAMBA (Emergency Food Pantry)**

21 Synder Ave, Brooklyn, NY 11226  
Phone Number: 718-282-3082  
Hours: Tuesday & Thursday: 10AM – 1PM Website: [www.camba.org](http://www.camba.org)

**St. John’s Bread and Life**

795 Lexington Ave, Brooklyn, NY 11221  
Phone Number: 718-574-0058  
Hours: Monday – Thursday: 8AM – 2:00PM  
Website [www.breadandlife.org](http://www.breadandlife.org)
Housing Services

Haitian-American Community Coalition
3807 Church Ave, Brooklyn, NY 11203
Phone Number: 718-940-2200 (Main) / 718-221-9640 (Housing)
Hours: 9am-5pm
Website: www.hccinc.org

Community Counseling & Mediation
123 Linden Blvd # 200, Brooklyn, NY 11226
Phone Number: 718-693-7700
Website: www.ccmnyc.org

Brooklyn Community Housing and Services
105 Carlton Avenue, Brooklyn, NY 11205
Phone Number: 718-625-4545
Hours: Monday – Friday: 9AM – 6PM
Website: www.bchands.org

Brooklyn Neighborhood Improvement Association
465 Sterling Place Brooklyn, NY 11238
Phone Number: 718-773-4116
Hours: Monday – Friday: 9AM – 5PM
Website www.thebnia.org
Neighbors Helping Neighbors

621 DeGraw Street, Brooklyn, NY 11217
Phone Number: 718-237-2017
Hours: Monday 9AM-6PM
Website: www.nhnhome.org
*Only offers consultations on issues regarding evictions, rent, leases, and more.

Non-Profit Organizations

The following organizations provide many services related to community including health education and screenings, youth services, immigration services, housing, family support services, farmer’s market and much more.

American Cancer Society (ACS)

132 W. 32nd St, New York, NY 10001
Phone Number: 212-237-3806 or 212-586-8700
Hours: Monday-Friday Open 24 hours
Website: www.cancer.org

Arab-American Family Support Center (AAFSC)

150 Court St, 3rd Floor, Brooklyn, NY 11201
Phone Number: 718-643-8000
Website: www.aafscny.org

Brooklyn Center for Independence of the Disabled (BCID)

27 Smith St, Suite 200, Brooklyn, NY 11201
Phone Number: 718-998-3000
Website: www.bcid.org
Brooklyn Perinatal Network (BPN)
7259 Bristol St. #242 Brooklyn, NY 11212
Phone Number: 718-643-8258
Website: www.bpnetwork.org

CAMBA
1720 Church Ave, Brooklyn, NY 11226
Phone Number: 718-287-2600
Website: www.camba.org

Caribbean Women’s Health Association
3512 Church Ave, Brooklyn, NY 11203
Phone Number: 718-826-2942
Website: www.cwha.org

Community Counseling & Mediation
25 Elm Place 2nd floor Brooklyn, NY 11201
Phone Number: 718-802-0666
Website: www.ccmnyc.org

Diaspora Community Services (DCS)
921 East NY Avenue Brooklyn, NY 11203
Hours: Monday- Friday 9AM-5PM
Phone Number: 718-399-0200
Website: www.diasporacs.org


**East New York Farms: United Community Centers (ENYF)**

613 New Lots Ave, Brooklyn, NY 11207  
Phone Number: 718-649-7979 / Fax: 718-649-7256  
Website: [www.eastnewyorkfarms.org; www.ucceny.org](http://www.eastnewyorkfarms.org; www.ucceny.org)

**Faith Missions Alcohol & Crisis Center (FMACC)**

11440 Van Wyck Expressway, Queens, NY 11420  
Phone Number: 718-322-3455  
Hours: Monday-Sunday 24 hours

**Haitian-American Community Coalition (HCC)**

3807 Church Ave, Brooklyn, NY 11226  
Phone Number: 718-940-2200  
Hours: 9am-5pm  
Website: [www.hccinc.org](http://www.hccinc.org)

**Make the Road New York (MRNY)**

301 Grove St, Brooklyn, NY 11237  
Hours: Monday-Friday 9:30AM-7:30PM  
Phone Number: 718-418-7690 / Fax: 718-418-9635  
Website: [www.maketheroad.org](http://www.maketheroad.org)
Legal Services

Provide counseling, application assistance, direct representation to immigrants navigating the American legal system, and may also receive advice and counsel on landlord-tenant disputes and access to public benefits.

CAMBA

1720 Church Ave, Brooklyn, NY 11226
Phone Number: 718-287-2600
Website: www.camba.org
*Provides an array of legal services: Including anti-eviction, families with children who are eligible for emergency assistance, provides legal assistance to HIV/AIDS infected individuals

Brooklyn Bar Association Volunteer Lawyer Project

44 Court St, Suite 1206 Brooklyn, NY 11201
Phone Number: 718-624-3894 / Fax: 718-624-3926
Hours: Monday-Friday 9AM- 5PM
Website: https://brooklynvlp.org/
*Offer services in family law, uncontested divorce, elder law, consumer law, foreclosure intervention, Article 17A guardianship, Deferred Action for Childhood Arrivals (DACA)

Brooklyn Legal Services

105 Court St, 3rd Floor, Brooklyn, NY 11201
Phone Number: 718-237-5500 Fax: (718) 855-0733
Hours: Monday-Friday 9AM- 5PM
Website: https://www.legalservicesnyc.org/
*Assistance for low-income individuals in identifying and addressing legal issues such as: HIV advocacy, consumer rights, family law & domestic violence, employment law & workers’ rights, government benefits, immigration & immigration rights, and much more.
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Marilyn Fraser, MD
Chief Executive Officer

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Instagram @aaiuh
LinkedIn @arthur-ashe-institute-urban
Linktree @arthurasheinstitute

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