

The Project

Our Buddy-Project is a nationwide project, developed by people living with HIV and is coordinated and managed by the „Deutsche Aidshilfe“ in Berlin. All Buddies are volunteers. Confidentiality, feedback sheets and regular meetings ensure a safe framework for both sides.



You want to get in touch with a Buddy or you would like to become one yourself?

Please contact:
www.buddy.hiv, where you will get all information needed.

Or email to
heike.gronski@dah.aidshilfe.de

Deutsche Aidshilfe
Wilhelmstr. 138
10963 Berlin
Telephone 030 690087 – 50
www.aidshilfe.de
Order number: 049043



Your start-up support for a life with HIV





Your HIV-test is positive?

You recently got a HIV-positive test result? If you have a lot of questions about life with HIV or if you want to know, what the diagnosis means for your life and how you can deal with the test result, we Buddies are here to help you.

The peer-to-peer exchange with a person, who has been living with HIV for a long time, can give you support. If you are searching for someone who can understand you and with whom you can talk about your questions confidentially and at eye level, then the Buddy-Project is exactly the right address for you.



How do Buddies support you?

A Buddy is someone, who gives you guide for your first steps in dealing with your HIV infection. Buddies know the challenges that go along with a positive test result. They had to face the same questions after being diagnosed positive, as you will be asking yourself.

We are good listeners and we can help you sort out your thoughts. We will tell you about our own experiences in order to help you develop a perspective and encourage you to find your own way how to handle your future life with HIV. All that is talked about is confidential and only remains between your Buddy and you.

Get in touch with us.

Find your personal Buddy at

www.buddy.hiv

There you can find the Buddy, who suits you best.

