

# HIV+ Services



**MESMAC**  
NORTH EAST

## GAY AND BISEXUAL MEN

### **Your guide to the free confidential services at mesmac**

If you're HIV+ you'll probably have to deal with a whole load of complicated and distressing issues. These can range from anxiety about your health to worries about keeping up a healthy and fulfilling sex life.

There's nothing wrong with having lots of sex, or no sex at all. You don't have to give up things that give you pleasure, but you may decide to weigh up the pleasure and the risks involved. How safe, secure and happy you feel about the sex you're having can have a big effect on your general well being. Safer sex information for HIV+ gay and bisexual men is available on our website [www.mesmacnortheast.com](http://www.mesmacnortheast.com)

Unfortunately, it's almost certain that you'll face some prejudice and discrimination. Sometimes it can come from unexpected and unwelcome sources, and that includes other gay or bisexual men who are negative or who haven't been tested. There's still a lot of ignorance, and people can make some very strange,

illogical and hurtful assumptions about you.

HIV is a very personal subject. Having the chance to discuss your concerns may increase your own confidence so that you can make your own informed decisions and take control.

MESMAC continually works towards challenging the prejudice and discrimination against HIV+ people. It's hardly surprising if you're worried and confused about being HIV+. One of the ways of tackling this is to get information and learn more about the virus, your own sexual health or combination therapies.

MESMAC can offer you help with this, and also the opportunity to talk about concerns you may have about things like disclosure of your status, relationships, abuse, legal issues, illness, HIV drug therapies, harassment, housing and discrimination.

We distribute materials that look at various aspects of HIV/AIDS, and when we identify areas that aren't being addressed, we develop resources to cover them.

MESMAC can also put you in touch with other support groups and specialist HIV workers throughout the North East.

# HIV+ Services

MESMAC can provide HIV+ gay and bisexual men with the opportunity to access the following services completely free of charge:

- Individual support in a safe, friendly and confidential setting.
- The latest up-to-date information on a wide range of issues, from housing to medical treatments.

Relevant and down-to-earth advice on sexual health for positive men.

- Condoms and lube.
- A reference library with videos, books, journals and articles on HIV/AIDS from Britain, The USA and other countries, as well as free copies of **Treatment Issues and Positive Nation**.

## Where to find out more

For confidential individual support, the latest information, condoms and lube and sexual health advice for positive men, please call MESMAC.

For sexual health check-ups plus information about HIV and testing issues, GUM clinics on page 6 of this booklet will be able to advise you.

# HIV+ Services

## Some other useful contacts

### Newcastle

Body Positive North East	0191 281 5200
North East AIDS Care	0191 232 2855

### Teesside

Teesside Positive Action	01642 254598
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## Contacting MESMAC North East

### Newcastle Office

3rd floor,  
11 Nelson Street,  
Newcastle upon Tyne  
NE1 5AN  
Tel: 0191 233 1333  
Minicom: 0191 233 2112

### Teesside Office

4<sup>th</sup> Floor, Prudential  
House,  
31-33 Albert Road,  
Middlesbrough TS1 1PE  
Tel: 01642 804400  
Minicom: 01642 732 392

Email: [all@mesmacnortheast.com](mailto:all@mesmacnortheast.com)

Website: [www.mesmacnortheast.com](http://www.mesmacnortheast.com)

## **SOME OTHER USEFUL CONTACTS: GUM CLINICS**

For consultation about your sexual health.

North Tyneside	0191 219 6610 0191 259 2519
Newcastle	0191 219 5013 0191 219 5011
South Tyneside	0191 451 6104 0191 451 6103
Sunderland	0191 569 9021 0191 569 9022
Northumberland	01670 814 873
Durham	0191 333 2660
Bishop Auckland	01388 455 700
Darlington	01325 743203
Middlesbrough	01642 854548
Stockton	01642 624400
Hartlepool	01429 522577

## **SEXUAL HEALTH HELPLINE**

0800 567123 (open 24 hours)

All calls are free.

## **NATIONAL**

Sexual Health Information Line 0800 567123  
(free and confidential 24 hour Helpline)

Terrence Higgins Trust 08451221200

[www.tht.org.uk](http://www.tht.org.uk)  
(Mon - Fri 10am - 10pm, Sat & Sun 12pm - 6pm)

AIDS Treatment Project 0845 947 0047

[www.atp.org.uk](http://www.atp.org.uk)  
(open Mon & Wed 6pm – 9pm)

**This leaflet and others are available in other languages as well as in large print, Braille and on tape for people with visual impairment.**



For more information contact:

**MESMAC North East**

**Newcastle**

**Phone 0191 233 1333**

**(24 Hour answerphone available)**

**Minicom 0191 233 2112**

**Fax 0191 233 1551**

**MESMAC text service:**

**TEXT: MESMAC (space) MEN (space)**

**Then your message to 60003**

**Email [all@mesmacnortheast.com](mailto:all@mesmacnortheast.com)**

**Teesside**

**Phone 01642 804400**

**(24 Hour answerphone available)**

**Minicom 01642 732392**

**Fax 01642 809800**

**Email: [enquiries@mesmacnortheast.com](mailto:enquiries@mesmacnortheast.com)**

**Website: [www.mesmacnortheast.com](http://www.mesmacnortheast.com)**