

FRANCÉS
FRANÇAIS

PORTUGUÉS
PORTUGUÊS

RUMANO
ROMÂNĂ

WOLOF
WOLOF

RUSO
РУССКИЙ

CASTELLANO
ESPAÑOL

ENGLISH

VH

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InfoVHtal

INFORMACIÓN BÁSICA SOBRE EL VIH



Mental health, migration and HIV



grupo de
trabajo sobre
tratamientos del VIH

ENTIDAD DECLARADA DE
UTILIDAD PÚBLICA
ONG DE DESARROLLO



VH

Mental health, migration and HIV

Living with HIV – or after a recent diagnosis – or moving to another country can have a huge emotional impact. If the move and diagnosis both occur at the same time, the impact can be even more severe.

Although, today, people with HIV can lead a life similar to the population at large, diagnosis is still hard to take because of stigma, the need for lifelong treatment, a fear of rejection and possible medical complications.



Moving to another country also involves an emotional impact, and gives rise to a form of **grief**, which entails a period of **adaptation**. If migration is the only option because of conflict, persecution, or lack of medication, then trauma often **occurs**.

These experiences give rise to similar effects and outside help may be necessary, especially when they occur at the same time:

- 01 Grief
- 02 Adaptation
- 03 Trauma
- 04 Migration+ HIV



01

Grief

This is a natural, foreseeable response to loss, which can cause sadness, pain, anger, frustration, anxiety, guilt, loneliness, confusion, denial, etc.

Losses caused by **MIGRATION**

- family and friends
- language
- homeland, home
- social status
- legal and administrative risks
- professional status
- contact with the ethnic group to which one belongs

Losses caused of **HIV**

- health
- future prospects
- emotional relationships
- self-confidence
- sex life



02

Adaptation

Both **arriving in a new country** and **being diagnosed with HIV** involve a significant process of adaptation to new circumstances.

Adapting to the **PHOST COUNTRY**

- creating new support networks: friends
- accessing a new healthcare system
- an unstable social and economic situation
- searching for housing and employment
- unfulfilled expectations

- ## Adapting to **LIVING WITH HIV**
- stigma
 - feelings of guilt
 - lack of information about HIV
 - medication and hospital visits
 - hiding the fact that you have HIV



Trauma

Negative and **painful experiences** that a person goes through in their life can have a profound and lasting impact on how they feel or behave. This can lead to long-term mental health problems.

Trauma associated **WITH MIGRATION**

- war
- political conflict
- disasters
- insecurity
- the journey to the destination country
- xenophobia

Trauma associated **WITH DIAGNOSIS**

- the diagnosis itself
- harassment
- persecution
- death threats
- discrimination in healthcare
- lack of medication



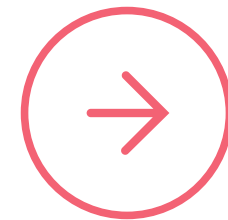
Certain **factors can also influence how migrants cope with being diagnosed with HIV**. These include:

- the level of **knowledge and information about HIV**
- **personal religious beliefs**
- **gender**, because women often experience more difficulties

We are aware of how complicated it can be for a person with HIV to migrate to another country. There are numerous organisations that can offer you tools and accompany you throughout this process. These organisations offer emotional support from other migrants with HIV who have been in Spain for some time, free psychological treatment and support groups with other people in the same situation as you. **If you need support, contact an association in the city where you live.**



Migratory + HIV



Grief

Migratory grief

Loss of health

Adaptation

Conditions in
the new country

Adaptation / Diagnosis
Treatment / Adherence

Trauma

Diagnosis
Discrimination

Politics / Serophobia
Homophobia / Persecution



Emotional support

COMMUNITY

ENVIRONMENT

Peers



Support group



Psychological support





Descargo de responsabilidad

La información contenida en esta ficha no pretende sustituir la recibida por el médico. Las decisiones referentes a la salud siempre deberían tomarse tras consultar con los profesionales sanitarios.

La información médica puede quedar desactualizada con rapidez. Si te surge alguna pregunta tras leer esta ficha, te aconsejamos hablar con tu médico o enfermera o llamar a gTt-VIH, al 93 458 26 41, para comprobar si existe alguna novedad relevante al respecto.

SUBVENCIONA



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