

We Invite You To Visit Us...

GOSHH is a warm, friendly space in Limerick City centre.

You don't need an appointment to come in to see us. You can make an appointment, for our services, if that is what you wish.

We are a team of people who understand the impact a HIV positive result can have on you, and your life. Between us we have a great deal of personal and professional experience.

We are open on:-

Monday 2.00 — 5.00pm

Tues - Fri 9.30 - 1.00 & 2.00 - 5.00pm

Our aim is to make sure that you have what you need to be able to live your life to the full.

If you require further information on the services offered by **GOSHH**, please contact us.

Redwood Place, 18 Davis St, Limerick
info@goshh.ie

We would be delighted if you dropped in!



Redwood Place,
18 Davis Street,
Limerick

Tel: 061 314354

www.goshh.ie

info@goshh.ie



HIV Services



**Support For
People Living
with HIV**

Counselling

GOSHH provides counselling to people who are living with HIV. Counselling provides an opportunity to explore concerns, feelings, and difficulties relating to living with HIV, in a safe and confidential setting.



Our counsellors have many years of experience, and understand the fear, stigma, and stress often experienced by people who are living with HIV, and the challenges you may face on an ongoing basis.

Personal Support

We recognise that even if you know about HIV, receiving a positive result may leave you with questions. We have many years of experience of HIV and many more professional contacts to help answer your questions.

We can support you to understand what this diagnosis may mean for your future. You may have housing difficulties or other practical things that we may be able to help with. Our personal support staff can visit you at home, or out at a café. We can arrange for meetings outside office hours.

Let us know what would work best for you, and we can try to meet your needs.



Peer Support

Whilst reading about HIV can provide all the information you may require, talking to someone else who is living with HIV may also offer you understanding and support.



Receiving a HIV positive (HIV +) result can feel very upsetting. Talking to someone else who has been living with HIV for some time can help you to feel less isolated and confused.

We meet many different people and some people have been accessing our services for years now.

If you feel you would benefit from some peer support we can arrange for one of our other service users to meet with you or you can ask about our group for people living with HIV.



People often find peer support very useful to discuss medication options, drug side effects and treatment regime pros and cons.

Doctors can explain all things medical; people living with HIV are more likely to be able to understand the rest.

Sexual Health

To add to our information on sexual health, how to prevent further transmission, and how to maintain safer sexual health; we can supply free condoms, female condoms, glyde dams, gloves, and lubrication; everything you might need to continue with a happy, healthy sex life.



Our sexual health services include support to maintain your mental, emotional and spiritual sexual health, as well as your physical sexual health.



Library And Resource Centre

If you are newly diagnosed with HIV, you may decide to research HIV online. This can be distressing because a lot of online information is outdated, not suitable for people living with HIV, or has a moralistic agenda.

We can point you to suitable websites, and we can provide a computer, in a private space, for you to find your answers. We can sit with you whilst you look at things and answer questions you may have, as they arise.