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## The project

All Buddies are volunteers. buddy.hiv is a nationwide project, which was developed by people with HIV and is coordinated and run by the Deutsche AIDS-Hilfe. Confidentiality, discretion, feedback from users, and quality assurance measures such as training courses, further education and regular meetings ensure a secure setting – for both users and Buddies.

Do you want to contact a Buddy – or even become one?

You will find all the information you need at:  
[www.buddy.hiv](http://www.buddy.hiv)

If you have questions email  
[heike.gronski@dah.aidshilfe.de](mailto:heike.gronski@dah.aidshilfe.de)

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[www.buddy.hiv](http://www.buddy.hiv)



## Tested positive?

Have you just received a positive HIV test result? Then you almost certainly have a lot of questions and want to know what the diagnosis means for your life. Maybe you don't know how to deal with your test result. The peer to peer exchange with a person who has already been living with an HIV infection for a long time can help and encourage you. If you are looking for someone who understands you, is on your level and with whom you can confidentially talk about your questions, in this case the project buddy.hiv is just the right offer for you!

## How do Buddies help?

A Buddy is someone who helps you to take the first steps in dealing with your HIV infection. Buddies know the challenges that a positive test result can create: they dealt with the same questions as you do today when they themselves were diagnosed with HIV. They listen and can help you to get your thoughts in order. They tell you about their own experiences, and help you to get a new perspective, give you courage to go your own way and to organize your life around HIV. Naturally everything you discuss is confidential.

## Contact us!

You can find your personal Buddy at [www.buddy.hiv](http://www.buddy.hiv)

Here you can directly select the Buddy that best fits you.