



Once we are at a New Start Centre, can we really access all these services?

- Confidential HIV Counselling and Testing
- CD4 count testing
- TB sputum collection for diagnosis and referrals for TB testing centres
- Referrals to other health facilities and social services
- Access to our 'Family Matters' program where we facilitate discussions with caregivers of children aged 9-12 about sexual health matters



That's great, but how much are we paying for this?

HIV counselling and testing through New Start is free of charge.



Things you need to know

- If you are HIV negative, it does not necessarily mean that your partner is HIV negative. It is possible that 1 person in a sexual relationship can have HIV while the other person is HIV negative. That means the only way you can know your status is by getting tested yourself!
- If 2 people in a sexual partnership are HIV positive, it is still important for both people to use protection (a male or female condom). This is to prevent dual infection, or transmitting a more aggressive strain of the virus than you already have
- If you are HIV positive, you can minimise your partner's risk of getting HIV just by going on ARV treatment.



If our teams haven't been to your area yet, why don't you contact one of these New Start sites.



MABOPANE



Magoveni Foundation Medical Centre, Pain Management Clinic, 1st Floor
Peter Magano Road 1049, Block C
010 020 1450



EKURHULENI



MegaMart Mall Unit 44, Next to Builders Warehouse
Olifantsfontein Road Tembisa
010 020 1452



WITBANK



23 Robertson Street Clewer Witbank
013 659 7790



BLOEMFONTEIN



78 Charlotte Maxeke Street 2nd Floor, Room 203 Cuthberts Building Bloemfontein
051 430 9595



NELSPRUIT



17 Samora Machel 4th Floor, Old Mutual Building Nelspruit
013 010 1115



JOHANNESBURG



1 De Villiers Street Ground Floor Johannesburg
010 020 1451



WHAT IS COUPLES COUNSELLING AND TESTING?



www.newstart.co.za



SO, WHAT IS COUPLE'S COUNSELLING AND TESTING?

Relax, it's not as complicated as you think it is! It's as easy as you and your partner making the decision and getting counselling and tested for HIV together.

The great part is that you're both able to go through the process together while supporting one another and whatever the outcome you are able to come up with the best plan for your future together, regardless of your HIV status.

Why would we want to do that?

Getting tested with your partner bridges that "trust-gap" and makes you both able to talk openly and honestly with each other, while strengthening your bond and trust in one another. Nothing says "I'm with you" like getting tested with your partner.

Knowledge is truly power. Knowing each other's status will enable you to make informed decisions on what you can each do to minimise your risk of getting HIV, and how you can support your partner with their treatment, should they already be positive.

With you and your partner knowing your statuses you'll have the freedom and security of making informed decisions with proper plans in place; all while living openly and honestly with your partner. During the process you can also learn how to prevent mother-to-child transmission of HIV.

Palesa

When Thabo and I met, I always knew we would go far. We've been through so much together and I have absolutely no doubt that we will live long and fruitful lives side by side.

Palesa

Thabo initially suggested we get tested and go for counselling at New Start. At first, I was scared of what the outcome would be and how we would handle it, but after careful consideration, I realised that doing this was actually the key to our future.

Thabo

I found out about New Start's couple's counselling and testing and knew this was the perfect way to solidify our relationship. I don't know what the results would be but I knew that our love would see us through whatever came out.

Thabo

Palesa is the light of my life, she is everything I have ever wanted in a woman and I wanted to show her that I am worthy of her love and trust. I wanted her to know that I see my future with her and only her.

Thabo

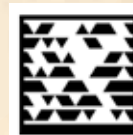
She was really nervous and so was I but we took the plunge and it ended up being the best decision we have ever made together.

ALRIGHT, WE'RE SOLD! WHERE CAN WE GO TO FOR COUPLE'S COUNSELLING AND TESTING?

Just pop in at any one of our 6 New Start Centres. You'll get immediate access to great service and information concerning the prevention and management of HIV, catering for those that are HIV positive and negative, as well as those who don't yet know their status. So stop by at one of our fixed sites, mobile locations, or we could come to do your counselling and testing in the comfort and privacy of your own home.



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Get the FREE app
for your phone at
<http://trustatag.mobi>

Palesa

Now we plan our future with openness and we have so much to look forward to!