

RYAN WHITE



SEPTEMBER IS SUICIDE AWARENESS MONTH

If you or a loved one is struggling with mental health, don't lose hope. We are here to help on the journey to becoming well.

Our team of experienced social workers, case managers, counselors, psychiatry providers and nurses will guide you. We specialize in integrated treatment plans.

Signature Health offers a variety of mental health services to help you live your happiest, healthiest life. We treat depression, anxiety, bipolar disorder, and much more.

SERVICES OFFERED AT SIGNATURE HEALTH:

- Couples Counseling
- Child Counseling
- Family Counseling
- Individual Counseling
- Group Counseling
- EMDR (Eye Movement Desensitization and Reprocessing)
- Psychiatry Services
- Addiction Recovery Services
- Medication Assisted Treatment (MAT)
- Intensive Outpatient Program (IOP)
- Peer Support and Case Management
- Residential Facilities

SUICIDE AND HIV

PEOPLE LIVING WITH HIV/AIDS HAVE SIGNIFICANTLY HIGHER RISK OF SUICIDE

A study by researchers at [Penn State College of Medicine](#) indicates that people living with human immunodeficiency virus (HIV) and acquired immune deficiency syndrome (AIDS) — approximately 38 million worldwide — are more likely to have suicidal thoughts and die from suicide compared to individuals without HIV/AIDS. The research team unveiled a first-of-its-kind systematic review and meta-analysis—and a shocking finding: **Not only is suicidal ideation higher among people living with HIV/AIDS, but they also were 100 times more likely to die by suicide compared to those without HIV/AIDS**

IF YOU ARE HAVING SUICIDAL THOUGHTS

- Connect with someone you trust. Call a friend or family member, someone that can help find you help right away.
- Call 988 (Suicide & Crisis Lifeline)
- Go to your nearest emergency room
- Stay away from things that could hurt you like firearms, medication, and dangerous places.

SUPPORTING SOMEONE HAVING SUICIDAL THOUGHTS

- **Talk to the person** - Your willingness to talk about thoughts of suicide can be the first step in getting help
- **Sincerely listening to the person** - Do not offer your advice or judgements, but let them know they are not alone.
- **Share your concerns** - The person needs to know they are important to you and that you care.
- **Finding out if they have a suicide plan** - If the person has a plan do not leave them alone.
- **Offering to find professional help**
- **Calling the 988 for them** (Suicide and Crisis Lifeline)



RYAN WHITE WELLNESS GROUP

Develop coping strategies & receive peer support around mental health & substance use challenges

Every Tuesday | 1-3pm

SIGNATURE HEALTH LAKEWOOD

For more information or to RSVP, contact Liz Schaefer: 216-644-9476

If transportation is a barrier, we can help!



CLEVELAND HIV SUPPORT GROUPS

AIDS Taskforce of Greater Cleveland

2829 Euclid Ave., Cleveland, OH 44115

- **Men's Support Group - for men living with HIV only**
Every Monday from 5:00-6:30pm; refreshments offered
Contact: Dwayne McCully at 216-621-0766 EXT 52922
- **Woman's Support Group - for woman living with HIV only**
Every Tuesday from 11:00-1:00pm; snack offered
Contact: 216-621-0766 EXT 52919

Louis Stokes Cleveland VA Medical Center

10701 E. Boulevard, Cleveland, OH 44106

- **Open support group for all HIV+ veterans**
Every Wednesday from 1:00-2:30pm VIRTUAL ONLY
Contact: Dr Kelly Martincin at 216-739-7000 EXT 40055

MetroHealth

at multiple locations. Please visit for more information:

<https://www.metrohealth.org/infectious-disease/hiv-aids-services/metrohealth-hiv-support-groups>

- **Multiple support groups including - 50+, Knit Squad, Taco Tuesday, WOW (woman only Wednesday and Yoga)**
Contact: Jen McMillen Smith, LSW at 216-778-4051 or jmsmith@metrohealth.org

Nueva Luz Urban Resource Center

6600 Detroit Ave, Cleveland, OH 44102

- **The Nueva Luz Support Group**
Every Wednesday and Friday at 1:00pm
Contact: Frank Lewis at 216-651-8236 EXT 1034

University Hospitals Cleveland Medical Center

2061 Cornell Rd., Room 306, Cleveland 44106

- **Youth Group** -for positive youth 18-24 living with HIV
2nd Thursday of every month from 3:30-5:30pm
- **The Free Zone** - Dinner/Socialization for all patients living with HIV - peer-led - Call for more information 216-844-5316
- **Men's Group** - 3rd Thursday of every month at 4:30-6pm (ZOOM ONLY)
- **Woman's Group** - 1st Thursday of every month 1:00-3:00pm
- **Yoga** - 2nd and 4th Wednesday from 4:30-5:30pm
Contact: Liz Habat at 216-844-5315 or MJ Lawrence at 216-844-7724

Ursuline Piazza, St. Augustine Manor

7801 Detroit Ave., Cleveland, OH 44102

- **Club 95** - open to anyone living with HIV/AIDS
Last Thursday of the month 12:00 to 1:30pm (lunch included)

SIGNATURE HEALTH LOCATIONS:

ASHTABULA

4726 Main Ave.
Ashtabula, OH 44004
440-992-8552

BEACHWOOD

24200 Chagrin Blvd
Beachwood, OH 44122
216-831-6466

LAKEWOOD

14701 Detroit Ave 6th Floor
Lakewood, OH 44107
216-766-6080

MAPLE HEIGHTS

21100 Southgate Park Blvd
Maple Heights, OH 44137
216-633-6100

PAINESVILLE

54 S. State Rd
Painesville, OH 44077
440-853-1501

WILLOUGHBY

38882 Mentor Ave.
Willoughby, OH 44094
440-953-9999

SIGNATURE HEALTH PHARMACY

440-898-3807

WHAT DO THE NUMBERS MEAN?

The number of CD4 cells in the body shows the strength of the immune system. A normal CD4 cell count is about 500 to 1,500 cells per cubic millimeter of blood (a cubic millimeter is a very small amount, about one drop). The number of CD4 cells a person has – their "CD4 count" – usually decreases as HIV disease gets worse. The CD4 cell count can help health care providers tell whether current treatment is working.

Viral load is the amount (number of copies) of HIV in the bloodstream. Viral load results are reported as copies of HIV in one milliliter of blood. The lower the number, the less virus there is in the blood. Numbers can range from about one million copies to as few as 20 copies. If there is fewer than 20 copies, the health care provider may say the results are "undetectable."

U=U Undetectable = Untransmittable (unable to pass to others)





Positive Peers is a private peer support app for young people living with HIV.

Connect 24/7 to young people with similar experiences and concerns, providing each other with encouragement, comfort, and advice.

If you are 13-34 and living with HIV, we want you to know that you will always be more than the disease. It will never define who you are. It will never have a say in what kind of person you are. It doesn't have a say in your future. It's just a virus — one that we can fight together.

Come join us. Learn about your diagnosis, rock your treatment, and dream about your future.

People-proven

Created by medical experts and young people living with HIV. Positive Peers users are 3x more likely to become undetectable/untransmittable (U=U). Proven to lessen the feelings of stigma.

Community Support

Privately connect with other young people living with HIV to ask questions, share advice, and stories. Chat one-on-one or join the convo in the community forum. Reach out to healthcare providers easily.

Med Tracking

Set medication reminders. Track success.

Resources

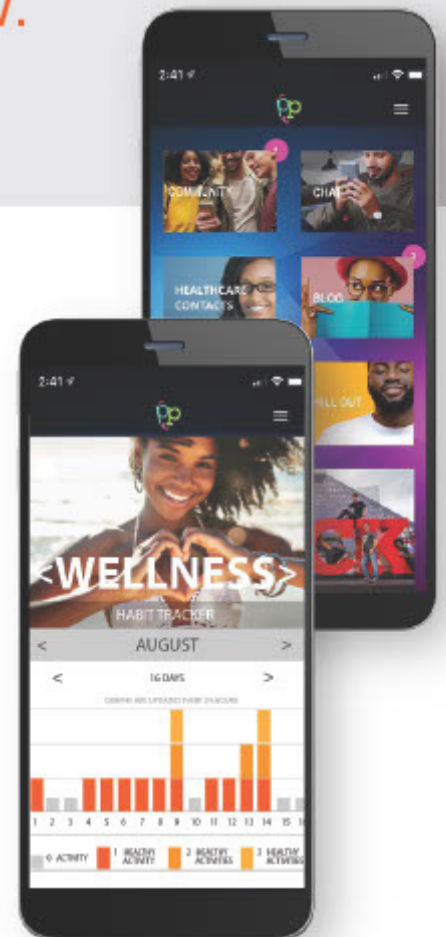
Reach for the right tool when you need it. Dig into award-winning, easy-to-read blogs for real advice on living with HIV. Relax with meditation videos. Gain inspiration from other young people living with HIV in Tales of Triumph. Search for healthcare and community resources.

U=U Status Record

Record doctor visits and lab results. Track your way to becoming undetectable/untransmittable (U=U).

Wellness Tracker

Daily, monthly, and yearly view of health habits recorded on the app.



For the safety and privacy of all users, registration is required to gain access to the app.

Register online at:
positivepeers.org