



Clinic Information for HIV Patients

Contact details

Sexual Health, Aberdeen Community Health Village

Reception - for appointments.

Please request a 'Rebook Appointment'.

Telephone: **0345 337 9900**

email: gram.gshenquiries@nhs.scot

Health Adviser's Admin Assistant

For advice from a nurse or doctor and for appointments:

Telephone: **01224 655525**

email: nhsg.gshhealthadvisers@nhs.scot

Health Care Assistants

To arrange collection of medication

Telephone: **01224 655550**

Pharmacist

For medication queries/advice

email: gram.medicationadvice@nhs.scot

Clinical Psychologist

For additional support.

Telephone: **01224 552383**

email: gram.healthpsy@nhs.scot

Infectious Diseases for In-Patient & Out-Patient Care

Ward 111, Emergency Care Centre

Aberdeen Royal Infirmary

Aberdeen, AB25 2ZN

Contact

Reception - for appointments and for advice from doctors.

Telephone: **01224 554727**

Infectious Diseases for In-Patient & Out-Patient Care (Continued)

Nurse in Charge - for In-Patient queries.

Telephone: **01224 555761**

Additional service contact details

Vicky Bridgeford (Pharmacist)

For medication queries/advice.

email: nhsg.medicationadvice@nhs.scot

Jessica Waddingham (Health Psychologist)

For additional support.

Telephone: **01224 552383**

email: gram.healthpsy@nhs.scot



Additional Local Support

Our Positive Voice (Grampian)

Forum for people living with HIV. Please contact:

email: info@ourpositivevoice.org

or **01224 968468**

Website: www.ourpositivevoice.org

Four Pillars

Provides support to Grampian's LGBT+ community

Website: www.4pillarsuk.org

Healthpoint

One stop health information point, offering free, confidential information, advice and access to reputable services, in a friendly, welcoming environment.

Information points at Aberdeen Health Village, Aberdeen Royal Infirmary, the Hot Stop Peterhead, Fraserburgh Hospital and Dr Gray's Hospital, Elgin.

Aberdeen Disability and Illness Support

Provides free, confidential, independent and impartial non-medical advice to people affected by illness, disability or a long term condition who live in the NHS Grampian area.

38 Union Terrace, **01224 379767**

Breathing Space

Telephone: **0800 83 85 87**

Confidential phone service for anyone in Scotland experiencing low mood, depression or anxiety.

Shelter Aberdeen

The Aberdeen Shelter Community Hub is a one-stop shop for anyone who is homeless, facing homelessness or needs advice about a housing related or finance problem.

Open Monday to Friday 9 am - 5pm.

Shelter

1st Floor, 36 Upperkirkgate

01224 522851

National support and online resources

www.aidsmap.com

www.i-base.info

www.hivscotland.com

www.tht.org.uk or **0141 332 3838**

www.nat.org.uk

<http://clinic.nam.org.uk>

(username: Summerfield, password: NAM)

Samaritans

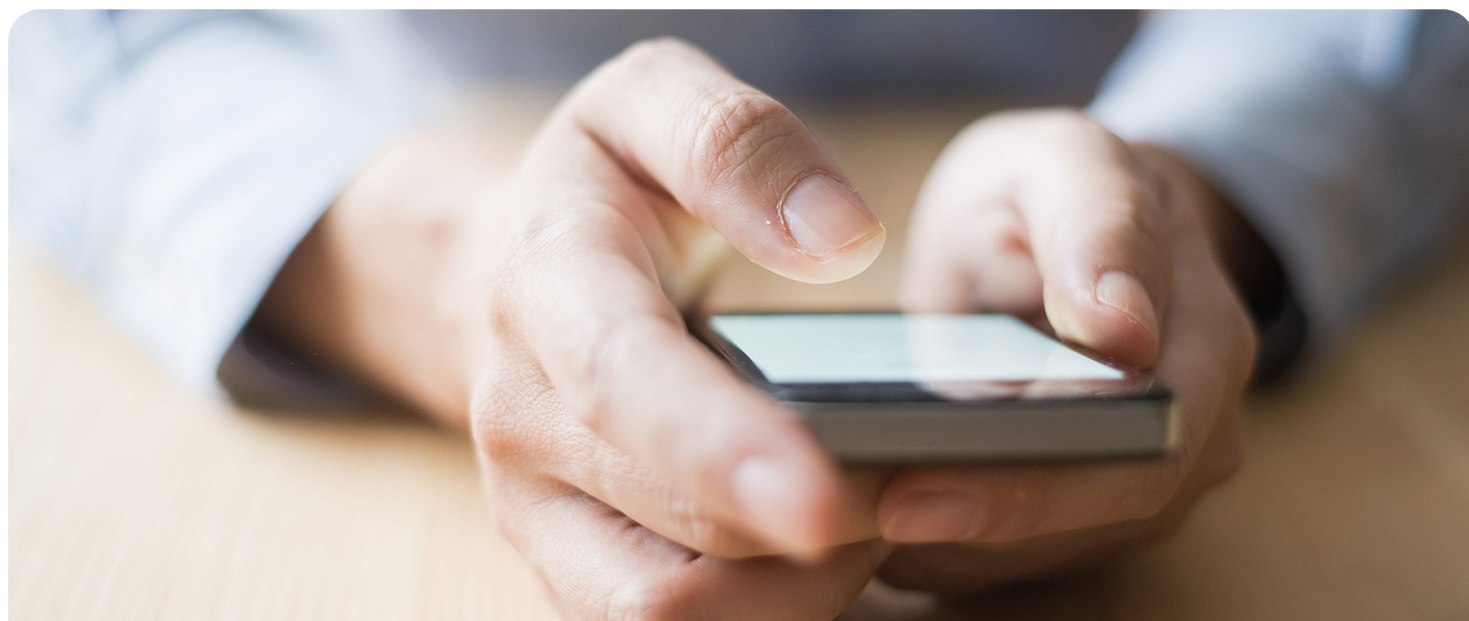
Telephone: **116 123**

Samaritans volunteers are there to give support to anyone feeling down or struggling to cope.

Steps for Stress

www.stepsforstress.org

An online guide to addressing stress.



This publication is also available in other languages and formats on request. Please call Health Information Resources Service on 01224 558504 or email: gram.resources@nhs.scot

Ask for publication MVC 210318