



E-COUNSELLING AND PEER SUPPORT



E-Counselling

Providing emotional and psychosocial support!

For further information regarding E-Counselling please call
(011-599) 416 3700

Caring for each other!

*Working together
can make a
difference!*



*Building the Network of
Community through
Participation and
empowerment*



Why E-Counselling

Staying healthy is very important especially as we age. Proper emotional and psychosocial support is important for everyone including persons who are diagnosed with some form of chronic illness which includes hypertension, diabetes and heart diseases among others. Following the availability of ARVs, HIV is also considered a chronic infection. Both HIV and other chronic diseases are characterized as illnesses that progress slowly over a long period of time with the possibility of living healthy through adherence to medications and modification of lifestyles.

The UKOTS and the DOTS Network will be able to provide online counselling to provide appropriate information and psychological support for persons to live healthy and productive lives. This can be accomplished through a very interactive environment that will allow for empowerment of its members and the wider community through the promotion of healthy lifestyles, e-counselling and networking of members across the region.

Benefits of E-Counselling

The E-counselling service was created to provide essential psychological support for persons with chronic conditions, including those with HIV infection, given the small communities and the perceived lack of confidentiality.

Addressing psychosocial concerns and needs are very important for people who are HIV positive and who often find themselves in isolation due to the fear of stigma and discrimination.

Through Peer Counsellors, e-counselling provides a safe environment for individuals to share their feelings outside the standard approach of the face to face counselling, with referrals to appropriate professional counselling as needed.

Network Membership

Membership is opened to all persons from the British and Dutch OCTs based on specific criteria.

How to Access the Site

Simply visit the website at www.dotsnukots.net/ and follow the instructions.

