



“ A diagnosis changes a life. Support changes the outcome.”

“Living with HIV should not mean living with fear, stigma, or loneliness.”

In Mexico, people living with HIV continue to face stigma, discrimination, economic vulnerability, and limited access to mental health services. According to national data (SENSIDA), between 40% and 60% of people living with HIV may experience depression, anxiety, or post-traumatic stress. This confirms the urgent need for sustained psychosocial interventions as part of HIV care.





Creating safe spaces where participants can speak openly without fear of stigma.

During this period, the project provided:

- Psychological counseling and emotional support for recently diagnosed individuals
- Continuous psychosocial follow-up to strengthen treatment adherence
- Safe spaces free of stigma and discrimination
- Nutritional and welfare support as key elements for treatment effectiveness

“Adherence improves when emotional well-being is addressed.”

Participants reported feeling accompanied, heard, and better prepared to continue their antiretroviral treatment consistently. Emotional support proved to be a key factor in strengthening adherence, stability, and overall wellbeing.



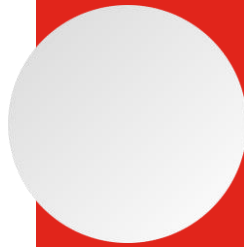
“Support transforms diagnosis into resilience.”

This experience showed that mental health needs among people living with HIV require longer-term processes, more specialized interventions, and a stronger integration between psychosocial care, nutrition, and adherence strategies.



After evaluating the results of this project, Casa de la Sal has decided to initiate a technical closing phase to redesign and strengthen the intervention model.

This transition will allow the project to return with a more robust, integrated, and sustainable structure to better respond to the needs identified.



“Together, we are building a more humane
HIV response.”

