

I will definitely live now!



In 2011, Farida, who has not suspected anything, suddenly learned about her HIV+ status.

Four years later, Farida started to take ART. Having felt giddiness and constant sickness, she stopped getting vitally important treatment. Farida did not respond to doctors' advises and was reluctant to continue a treatment. Twenty eight years old, unemployed woman, mother of two children, Farida wanted to work and be surrounded by people and forget about HIV. In her native district of Bokhtar, she faced difficulty with employment opportunities as many other women did. Every

day, she felt worse and worse and after having not founded another solution, Farida started to think about committing a suicide.

In December 2015, Farida got to know an outreach worker of AFEW -Tajikistan, who visited her at home. During their second meeting, AFEW-Tajikistan's worker shared her status with Farida as part of the peer to peer approach. Having shared also her life experience of a person living with HIV, informing about the importance of commitment to ART, the peer could persuade Farida to renew her treatment.

During the regular meeting, the outreach worker has become a mentor and a peer and helped her with employment at sewing shop.

"I needed support, I really wanted to live and work. I was lucky that such opportunity has appeared. A very nice girl came to our house and changed my mind. For the first time in my life I talked to a peer and this helped me to talk openly about my worries and fears. Now I have been receiving treatment for about three months and managed to get a job. I am very grateful to the staff of the Fund for opening the door to the future!" - Farida shares her impressions.

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