



Positive Directions

What do we do?

Spiritus Positive Directions is a state-wide care coordination, information and referral service for people living with HIV (or PLHIV) in Queensland, with offices in Brisbane, Cairns, Townsville, Sunshine Coast and the Gold Coast.

What can Positive Directions offer?

We link PLHIV to services that they are eligible for. Some examples include:

- ✔ A person who wants to pursue nutrition expertise, education and other options in response to medication side effects.
- ✔ A person experiencing multiple health difficulties and needs the help of several health practitioners (such as Psychologists, Dentists, Treatment Officers, and other supports).
- ✔ A young person who wanted to access support groups and meet people their own age to talk about how HIV has affected their life.
- ✔ A person who would like to discuss how to access other services in their region but don't know where to start.
- ✔ A person who attends one of our three wellness programs.

Do you have health promotion programs?

You must be a registered client of Positive Directions to participate in these courses.

Life Enhancement Action Program (LEAP) is a structured group nutrition and exercise program that runs for 8 weeks. Exercise plans are individualized and supervised by a personal trainer and nutrition information sessions are delivered by a qualified dietician. The program aims to improve cardiovascular health, strength, fitness, nutrition status and psychological health.

Changing Lanes uses a range of behavioural and cognitive (thinking) strategies to target specific aspects of a person's thinking and reacting to situations. Cognitive strategies assist people to identify, analyse and challenge their thinking whilst behavioural strategies assist in managing physical symptoms, such as rapid breathing, sweating, trembling and lethargy which can be symptomatic of mood disorders. The group CBT program will focus on assisting you to learn skills to help identify and change your negative thinking in a group format.

The Cook Healthy and Enhance Fitness (CHEF) program is a structured cooking and exercise program designed specifically for PLHIV. The course is for 6 weeks. The goal of CHEF is to improve the overall health, through learnt cooking skills and participation in regular exercise.

About

Positive Directions

Spiritus Positive Directions is funded by Queensland Health to provide a state-wide care co-ordination, information and referral service for People Living With HIV (PLHIV) in Queensland.

Locations

Brisbane

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Who do I contact?

You can contact any of our offices around the state directly by phone or by email.

If you live outside of the Brisbane Metropolitan area, you can contact Positive Directions using our 1800 number.

Just call 1800 422 313.