

Links to Psychological self help/information in other languages

<http://www.rcpsych.ac.uk/mentalhealthinfoforall/translations.aspx>

Very comprehensive list of freely available translated materials in the following languages:

- **Arabic,**
- **Bengali,**
- **Brazilian (Portuguese):Português (Brasil)**
- **Bulgarian**
- **Chinese,**
- **French: En Français**
- **German: Auf Deutsch**
- **Greek: Ελληνική γλώσσα**
- **Gujurati,**
- **Hindi:**
- **Italian: Italiano**
- **Japanese: 日本語版こころの健康ガイド**
- **Lithuanian: Lietuviųkalba**
- **Pashto**
- **Persian (Farsi):**
- **Polish: Polski**
- **Punjabi:**
- **Romanian: Romana**
- **Russian:**
- **Somali**
- **Spanish: Español**
- **Tamil: தமிழ்**
- **Turkish**
- **Urdu:**
- **Welsh: Cymraeg**

<http://www.getselfhelp.co.uk/translated.html>

Therapy worksheets in various languages, probably more helpful during counseling sessions

Important Contacts for you:

- If you need to cancel your appointment please contact: ID Outpatients reception on 0121 424 3359 or 0121 424 2847
- If you need to speak to an HIV Clinical Nurse Specialist Call: 0121 424 0361 between 9-5pm or email: bhs-tr.HIVCNS@nhs.net
- If you have a problem with your HIV medication or have questions about HIV drug interactions, you can contact our HIV Pharmacy Hotline Call: 0121 424 0865 between 9-5pm or email: bhs-tr.HIVPharmacists@nhs.net
- For online drug interactions information please use: www.HIVdruginteractions.org
- To arrange a sexual health check up, a cervical smear, discuss contraception or to speak to Health Advisers or Sexual Health specialist: Call: - 0121 424 2847 or email: bhs-tr.HIVsexualhealth@nhs.net
- For information on the HIV Paediatric/Family/Adolescent service: Please call – 0121 424 2834/0361