

Young people living with HIV face unique mental health challenges

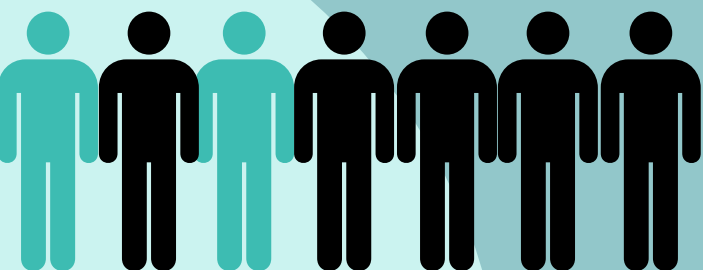
Mental health professionals are often scarce in low-income countries.

Sauti Ya Vijana (SYV): group-based, peer-led mental health intervention created with youth living with HIV to address their mental health and life challenges

Peer Group Leaders (PGL) are 23-29 years old and living with HIV

Aim: explore the peer group leader (PGL) experience delivering SYV

Interview domains: Identity, motivations, experience, training, impact, sustainability, and recommendations



Young people aged 15-24 accounted for 2 in 7 new HIV infections globally in 2019 (UNAIDS, 2021).

THE POWER OF PEER LED MENTAL HEALTH INTERVENTIONS



IN-DEPTH INTERVIEWS FOLLOWING THE COMPLETION OF THE PILOT STUDY SUGGEST THAT SYV MAKES AN IMPORTANT, POSITIVE, AND LIFE-LONG IMPACT ON BOTH YOUTH PARTICIPANTS AND THE PEER LEADERS WHO DELIVER THE INTERVENTION.

PRELIMINARY RESULTS

“Because the youth who came, the ones we finished the pilot program with, they arrived and left in a different state. But after the training, they were able to open up and become free. So, they left with joy, and some of them even expressed a desire for the project to continue or for them to return.” -PGL #1

“There are some challenges those youths are experiencing, and I am also experiencing the same thing, so by helping them I am also helping myself to become a better person” - PGL #2

