

# Building **HOPE**...

one woman at a time

The Well Project is a non-profit organization whose mission is to change the course of the HIV/AIDS pandemic through a unique and comprehensive focus on women and girls.

While many people no longer believe that HIV is an issue, it remains the number one cause of death worldwide among women of reproductive age and we believe that stigma plays a big role in that. Because women tend to experience stigma differently than men, The Well Project has made a commitment to focus on strategies that decrease stigma and isolation and build hope and self-esteem in women living with HIV, including education, community connection/support, advocacy development, and capacity building.

**There are almost 18 million women and girls living with HIV across the globe** and they account for more than half of all people living with HIV.

Founded in 2002, The Well Project is the premier online resource on women and HIV both nationally and globally, reaching more than three million users annually through our web portal and social media channels. The Well Project leverages technology to dramatically improve health outcomes and quality of life for women living with HIV. The information and community support that The Well Project offers helps women build a foundation to not only survive, but also **thrive** with HIV.



## Did you know?

People living with HIV who take HIV drugs daily and maintain an undetectable viral load **CANNOT** sexually transmit HIV to their partners:

**Undetectable=Untransmittable**



### Impact of The Well Project's Resources on Women Living with HIV

Women living with HIV said  
**The Well Project's resources**  
made them more likely to:



Talk with providers about  
medication options, concerns,  
and side effects

**81%**



Advocate for their own needs  
when seeking care or support

**80%**



Connect to a community or  
network of women living with HIV

**77%**



Experience less  
self-stigma

**74%**

The Well Project **envision**s a world in which women living with or vulnerable to HIV **have the information, support, and tools they need** to advocate for their health and well-being, **and live a life free from stigma.**

## Education and Information

The Well Project is committed to building health literacy among women living with HIV by developing and providing access to culturally responsive, scientifically accurate, women-focused HIV information. We maintain the most comprehensive library of educational fact sheets and slide sets, which address a wide range of issues related to HIV and women's health. Our library includes more than 115 fact sheets in English and 35 in Spanish, as well as more than 25 slide sets.

## Community Support

Because we believe we are stronger together than we are alone, The Well Project works to foster a strong and engaged global network and community of women living with HIV. Our English and Spanish blogs, *A Girl Like Me* and *Una Chica Como Yo*, provide a safe space for women living with HIV to share their experiences, connect with others, and build a strong support network.

## Advocacy and Leadership

The Well Project believes it is essential to support the leadership development of women living with HIV and help advance the next generation of HIV advocates. We offer programming that enhances treatment advocacy and capacity building among women living with HIV, including a webinar series addressing topical issues, an increasing presence at scientific, advocacy, and policy conferences, and the development of opportunities for women to be at the table.

## Collaborative Engagement

The Well Project is honored to play an important role in the HIV community – one of the most remarkable and tireless groups of organizations and individuals in the world. We develop mission-aligned partnerships to advance common goals, including 30 current collaborations with some of the most influential organizations in the field. These relationships elevate each other's work and ensure that all of our endeavors add value by uniquely addressing gaps in current programming and resources.

## Women-focused Research

The Well Project identifies opportunities to advance the research agenda on women. In 2003, just one year after The Well Project was founded, we began holding our annual Women's Research Initiative on HIV/AIDS (WRI) meetings. This program was founded to advocate for "more, better, and faster research" in HIV in women and brings together an extraordinary group of leaders in HIV to identify key opportunities to accelerate our understanding of HIV in women.

**83% of The Well Project's users** said they felt **more hopeful** after using The Well Project's resources.

**The Well Project is a trusted resource for women living with HIV** and those who care for them, helping them overcome the inequalities, barriers, and stigma that contribute to the epidemic among women.

"The Well Project's resources have helped me learn more about HIV and empowered me to want to become an advocate and educator. **It also has helped me to step out of the shadows.**"

