

Social Media About Herpes

Listed here are different social media accounts that help end the stigma, promote information or offer help to those with herpes. Whether you have HSV-1 or HSV-2 it's good to know that there are others out there that not only are in the same boat as you but who are speaking out against the stigma or promoting the correct information. If you have any that are not listed here please feel free to DM me on Instagram: [Bubblieinblu](#) Reddit: [Mylovelyladylumps69](#) or TikTok: [Bubblieinblu](#) . I have tried to compile a list of **FREE** resources for everyone to be able to use, of all demographics, ethnicities, religions, sexualities, beliefs, orientations etc. I have researched these groups to the best of my ability and have tried to list any membership fees or prices that I found. If there are any issues with any of the links provided in this document please reach out to me so I can fix it. I am not the owner of **ANY** of these support groups or accounts.

If you need **FREE** 1 on 1 support please do not hesitate to reach out to Lauren:

- Instagram: [Bubblieinblu](#)
- Reddit: [Mylovelyladylumps69](#)
- TikTok: [Bubblieinblu](#)
- Discord: [Bubblieinblu](#)
- Herpes Info: [Discord Group](#)

Table of Contents

[TikTok Accounts:](#)

[Facebook Pages:](#)

[Instagrams:](#)

[Podcasts:](#)

[SubReddits For Herpes:](#)

[Positive Herpes Stories](#)

[YouTube Channels:](#)

[Specific Videos:](#)

[Websites / Blogs:](#)

[Novels / Books:](#)

[HSV Fanfiction:](#)

[Support Groups:](#)

[Dating Groups:](#)

[1-On-1 Herpes Support:](#)

TikTok Accounts:

These TickTock's are all about ending the stigma managing outbreaks, General education and just pure wholesome goodness about herpes. Some are funny, others educational, some both. The comments are filled with others who have it and full of support. Almost all of the accounts have thousands of followers proving that we are not alone! Figured you guys might want to check them out! All usernames are clickable and should bring you straight to their profile. All usernames are **clickable** and should bring you straight to their profile.

1. [@suzbub](#)
2. [@pickeringfitness](#)
3. [@bubblieinblu](#)
4. [@safe.slut](#)
5. [@yoninutritionist](#)
6. [@veroventuring](#)
7. [@karlyhsvadvocate](#)
8. [@stephanielboyd_](#)
9. [@leapwithlex](#)
10. [@lifewithherpes](#)
11. [@spfppyoga](#)
12. [@coachshanasingleton](#)
13. [@kiaratashay](#)
14. [@hannah.jeannee](#)
15. [@r3alpr3ttyk3nz_](#)
16. [@belizesp](#)
17. [@loveofalee](#)
18. [@blasian20000](#)
19. [@luvu2224](#)
20. [@soulfulhillsofhopes](#)
21. [@cruddycruddy](#)
22. [@thetipproject](#)
23. [@yep.thatsme_](#)
24. [@alliebeyond](#)
25. [@karlyhsvadvocate](#)
26. [@paigekaufman7](#)
27. [@thesex_enthusiast](#)
28. [@noellebenepe](#)
29. [@losttolimitless](#)
30. [@1k.rxne](#)
31. [@lexi.inks](#)
32. [@soph.0808](#)

33. [@emilydepasse](#)
34. [@tierraiseverywhere](#)
35. [@HerpesCureResearch](#)

Facebook Pages:

1. **The penny for your thoughts campaign. A fight for herpes:** The Penny for your thoughts campaign is a great opportunity that allows you to ask for help and to give you a voice. A voice for yourself or for others who are suffering silently. This effort does not exclude people who are doing just fine and are not affected.
<https://www.facebook.com/PennyCampaign/?mibextid=LQQJ4d>
2. **The Herpes Safe Space:** Hi! My name is Brynn, and I'm a herpes advocate. This group is for people with herp who need a safe space to be open about their feelings. PLEASE BE RESPECTFUL OF OTHERS!!
<https://www.facebook.com/groups/358693665816701/?ref=share>

Instagrams:

All usernames are clickable and should bring you straight to their profile.

1. [@szbubs](#)
2. [@Pickeringfitness](#)
3. [@lifewithherpes](#)
4. [@thetipproject](#)
5. [@DionneeSlater](#)
6. [@smash_the_stigma](#)
7. [@CourtneyBrame](#)
8. [@bekantonucci](#)
9. [@my_boyfriend_has_herpes](#)
10. [@shanasingleton](#)
11. [@vero.venturing](#)
12. [@coachbelize](#)
13. [@ShanayaBrigham](#)
14. [@Safe_Slut](#)
15. [@Yoninutritionist](#)
16. [@HerpesCureAdvocacy](#)
17. [@TattedIndigo](#)
18. [@Herp A Derp](#)
19. [@Sexeducation](#)
20. [@brosandprose](#)
21. [@thelovedrive](#)
22. [@positive_results_us](#)

Podcasts:

Full Podcasts Only About Herpes:

1. **Something Positive for Positive People (SPFPP)**: is a nonprofit organization supporting people living with herpes. The podcast is an STI Stigma Minimization initiative to address the mental and emotional wellness of people with herpes. The Founder, Courtney Brame, an Emotional Wellness Practitioner and Yoga, interviews people about their experiences navigating herpes stigma. With the lessons from our guests, we create education resources and training for health professionals and civilians on stigma-free sexual health communication.
<https://open.spotify.com/show/1zt0blXnxi8i3jeHNktTMI?si=gdKkkYpNR-q7spfmZr-BA>
2. **Positively Positive Podcast - Herpes & Sexual Health**: Let's talk about sexual health, baby! All things HSV (herpes) related: answers, insight, tools & real af stories from someone who's been there.
<https://open.spotify.com/show/6hNNDI91S01DHaule9qX5?si=vbTGQo1iRMObcQlbsSczww>
3. **Breaking Boundaries by Ariana Sparacio**: This is a podcast dedicated to talking about sexual health, specifically HSV, along with other mini series about dating and mental health!
https://open.spotify.com/show/5VdlwlFrpC78cc1C1p6951?si=52tY_pL-SKmBZdcUwrr-HQ
4. **Dating With Herpes By Yahira Jones** Discussion, on the trials and triumphs of dating after contracting the herpes virus. (hosted by a POC):
<https://open.spotify.com/show/4LOAmf35OsNUNp92aZo7v?si=4RngeoTaRxSd0EQoF2c79g>
5. **Shooters Gotta Shoot**: Comedian Erica Spera brings on a guest each week to talk about dating and relationships. In 2019, Erica publicly came out about having herpes, and how that has affected her dating life. Since then, no topic is off limits. She takes a sports mentality when it comes to dating, and instead of throwing in the towel she breaks down different relationship books, research, tricks and tips with her guests to see what is real and what is B.S.
https://open.spotify.com/show/5Mhk0wkYTizNjPby7ph9dp?si=fQa7t5-xQSO3opi2eCnm_g
6. **Life With Herpes by Alexandra Harbushka**: Is here to educate, entertain, and connect the underserved and often ostracized community of people living with herpes. We will cover things ranging from the stigma, dating, how to cope, and the hardcore facts about herpes.
<https://open.spotify.com/show/6AGCqIUk5tC4E1VhDTzG92?si=4LvAytEjR2yLoeADk0NDtQ>
7. **Gone Viral by Tyler & Matt**: Tyler and Matt discuss life with herpes, which is mostly just life.
<https://open.spotify.com/show/6OuGj30ZQ0JTQ1BUtpR3qF?si=wbn8iujiRlmiRWgQaqBBRg>
8. **The STD Project**: Short podcast from the Founder and Executive Director of the STD Project, Janelle Marie Pierce, talking about all things STD. Living with an STD, reader's questions, dating with an STD, testing and everything in between - all from someone with an

STD.

<https://open.spotify.com/show/2y6aq3z7ScatNCYa564fbs?si=bOfV0Zd2TJeNgydu5d04h>

9. **Herpes & Healing:** Welcome to 'Herpes and Healing,' the podcast where we break the silence, shatter the stigma, and heal through real talk. Join hosts Karly and Hannah as we dive into candid conversations, uplift each other, and remind you that you're never alone on this journey. Our mission is to provide a safe space for those affected by herpes, share stories of resilience, and offer support and empowerment. Tune in for insightful discussions, personal anecdotes, and a dose of positivity. Let's navigate this path together and embrace healing and growth. Subscribe now to join our community of strength and resilience!
<https://www.youtube.com/@HerpesandHealing>
10. **Herp A Derp Podcast:** Empowering the community to break the herpes stigma Your host Erin Devost helps reassure you are not alone and herpes doesn't define who you are. Empowering episodes and inspiring interviews to help rebuild confidence and to love yourself with herpes. Herp A Derp Podcast Links: <https://linktr.ee/Herpaderppodcast>
<https://open.spotify.com/show/5rMEoU5nSb7GHttJrRFcGq?si=m0X-0UI9TbihLKJn5-yjC>

Specific Episodes About Herpes:

1. **The Sick Invite Podcast:** in this episode Lauren talks to us about her experience with Herpes. From misconceptions to finding community, Lauren enlightens us on this common, stigmatized virus.
<https://open.spotify.com/episode/2MvMo71bVHPhy07yJgxFhM?si=aKtbcAZPRueqp8LUv31HXw>
2. **Other People's Lives: Herpes Is The Best Thing That Happened To Me:** This week we chatted with Sarah about why she says that herpes is the best thing to ever happen to her. She also hosts the podcast @positivelypositivepodcast.
https://open.spotify.com/episode/13x5zznNWWx3IY0Cawbfs0?si=Kzf_y-LZRyKeoXFQ0bGrRA
3. **30, Herpes, Tall Men, and BIG Misconceptions:** Comedian Erica Spera stops by to talk about sex and dating while having herpes and the most common STI. We learn how she got it, the succinct and effective way she tells people she has it and why herpes is not as big of a deal as weveall been taught to think. Finally Remy talks about the STI's she has had.
<https://open.spotify.com/episode/5azVVF91SMFKrla3Ab9hfV?si=Ed-TYtmgStaojqFRqebkZg>
4. **Pregnant and Testing Positive for Herpes with Shana Singleton:** A new found herpes diagnosis and the news of an unexpected pregnancy delivered to you on the same day, in the same moment. How would you deal with it? Who would you turn to? How do you cope with such life changing information? On today's episode of "**Raw, Real & Vulnerable**", , I sat down with Shana Singleton, the woman behind "Slay the Stigma." Not only is Shana a distinguished United States Army veteran and a mother but ALSO a world renowned herpes coach. Shana works with women to minimize their outbreaks, to break us free from internalized shame and inspire all people to practice deep self-love.

<https://open.spotify.com/episode/694JfUQyldhyZmiwK5jJ07?si=mNDUZd9oSQG71rGx5Q3a6A>

5. **Up?: Everything You Need To Know About Dating With Herpes ft. Erica Spera:** An episode of a relationship advice podcast featuring a comedian talking about dating with the herp.
<https://open.spotify.com/episode/6PPX6QKamncKRovWvI6WvU?si=8sjH0DhZRXyCQk5A5eHy3Q>
6. **The Unhappy Millionaire:** This episode of the Happiness Lab with Dr. Laurie Santos discusses how winning the lottery can ruin your life. - While contracting an incurable disease feels like a gift. (one of the diseases discussed is herpes) Dr. Laurie Santos hears dreams come true and nightmares realized; and talks with Dr. Dan Gilbert about why human happiness isn't defined by these major events.
https://open.spotify.com/episode/3EUByDhchYHFgd5kVpME1O?si=uaHx-2ltSoO_dOM13fSaoA
7. **Seeing Other People: Herpes & Dating:** Allie Mazur founder of **Beyond Herpes** discusses the importance of normalizing conversations about genital herpes, to overcome the associated shame and stigma. She shares her personal journey, contracting herpes at 23, and the emotional impact it had on her. Allie delves into how herpes reshaped her dating life, leading her to pursue higher-quality relationships and adopt a healthier lifestyle. She emphasizes the significance of open communication in relationships, offering advice for both those with herpes and their partners. She underscores the need for mutual responsibility in sexual health discussions and how faith played a role in her healing journey.
<https://open.spotify.com/episode/3rqoCisC04eHiQM4X2vz2X?si=hcDGaJ7BQFec49H8uc8yzQ>
8. **Ep: 112: Herpes Expert: Herpes Won't Ruin Your Life: Tik Tok Sensation Shana Singleton:** In this episode of "Diary of an Empath" we bring you a conversation that's both empowering and enlightening. Our remarkable guest, Shana Singleton, is making waves as a herpes educator, advocate, and a powerhouse with a massive TikTok following. Join us as we delve into Shana's inspiring journey of breaking stigmas and changing lives one TikTok at a time. We explore a wide range of topics, from Shana's background and mission to her personal experience with HSV2 and its impact on her dating life. Shana clarifies the differences between HSV1 and HSV2, and she sheds light on the pervasive stigmas surrounding herpes and what she wishes people understood about it.
https://open.spotify.com/episode/6jS1VoR8zjzm1t5uPlswYp?si=_LUskOn0R_iW8jv-Kwgyjq
9. **Honeydew Me: 79. Doing It With Herpes... Because You Probably Will:** Ella Dawson, a sex and culture critic, is here to help us break down the stigma around doing it with herpes... because the thing is you probably will. Over two thirds of the population is herpes positive (PSA: cold sores are herpes), but we aren't talking about it, we rarely test for it (it isn't included in a standard STI panel), and it can start to feel like a big, scary, faceless thing. We're here to tell you IT'S NOT A BIG DEAL, it's totally manageable, and that everyone with a positive diagnosis can still have AMAZING SEX. No matter who you are or what diagnosis

you do or don't have, we highly recommend tuning in, learning up, and giving yourself ALL the well-deserved pleasure.

<https://open.spotify.com/episode/5tVZbr8Oiqwjs6e3rQffGc?si=KOqQTkEOS1yrQkCsBm9PZQ>

10. **The Real Talk Podcast:** Herpes advocate Bubblicinblu (Lauren) talks about her life with herpes, dating, outbreaks, overviews and overcoming stigma. <https://youtu.be/kRBU7yyRLl0>
11. **UnF*ck Your Brain ep 86** is a self-help podcast to listen to to help work through thoughts around getting HSV. It's not about herpes at all but she has a couple really good episodes on love, trauma, and shame to listen to when you're feeling down.
<https://www.iheart.com/podcast/263-unfck-your-brain-a-28782575/episode/ufyb-86-trauma-46258900/>
12. **The Swing Nation - A Sex Positive Swingers Podcast:** Lifestyle Interview | Herpes and the Lifestyle: Dianna's Story of Overcoming the Diagnosis | Episode 161 In this powerful episode of The Swing Nation Podcast, the top-rated lifestyle podcast about non-monogamy and swinging, Dan and Lacy sit down with Dianna, a valued Swinger Society employee who recently tested positive for Herpes (HSV2). Dianna opens up about the emotional rollercoaster she faced following her diagnosis, sharing the mental and emotional challenges that came with the news.
<https://theswingnationpodcast.buzzsprout.com/1832812/episodes/15778795-herpes-and-the-lifestyle-dianna-s-story-of-overcoming-the-diagnosis>
13. **The Sticky Beak: Herpes Coach:** I sit down with Allie, a herpes coach and founder of **Beyond Herpes**, to talk about her journey. From receiving her own diagnosis to becoming an advocate for education, empowerment, and destigmatisation. Allie shares:
 - **Her personal story:** how she got herpes and why she decided to help others,
 - **The reality of living with herpes:** why every experience is different, and why treatment is a personal choice.
 - **Common misconceptions:** what people get wrong about herpes and what the stats really say.
 - **The role of faith in healing:** how Allie, as a Christian, reconciles her beliefs with sex, sexuality, and stigma.
 - **How to take back control:** practical tips for managing herpes, dating with confidence, and breaking the shame cycle.<https://open.spotify.com/episode/1mes5HBvoxj5mPXDGLoom0?si=SVGKA-EHQ9KtFJrUvrbQq>
14. **Drew Michael Comedy Sketch:** I posted the YouTube link below but you can listen to it on Spotify. I absolutely love this sketch and it was a completely ok way to joke about it.
<https://open.spotify.com/track/3SW9nkIVkGQDMK8rnFeFgr?si=BlSfQRIASjyIITHopTGshg>

Specific Episodes With Sex Therapist Emily Depasse:

1. **Pillow Talk: Dating with Herpes**: This episode of "Pillow Talk" is extremely sex-positive and the best representation of HSV in a podcast I've heard so far. Herpes activist Emily Depasse talks about her diagnosis, the emotional aftermath, and what her dating life looks like today.
https://open.spotify.com/episode/0Fi5dLM3rAzmyDFpWEgOpE?si=wcyoSNnyT6eZWL-qf3tSnQ&utm_source=copy-link&dl_branch=1
2. **Is Our Love A Cold Sore? (Herpes Etc. W Sexologist Emily Depasse)**: What a week to have our first guest on to talk STI's and we're kicking things off with the black sheep of the STI fam: Herpes. In this episode of "Is Our Love ___?" we get honest with our personal HSV stories: both contracting, spreading, and having in all its various formats. This week's guest explains why people are so socially wired to freak out about Herpes and how discerning between HSV 1 and HSV 2 can add weight to that stigma. Busting myths and forging research, sexologist Emily Depasse is changing the way we talk about and frame a herpes diagnosis. Come one, come all, and give us your cold sore (stories.) Spoiler alert: it's herpes... it's always herpes. PLUS, Lola has Gonorrhea this week and she's blabbing all about her first STI.
<https://open.spotify.com/episode/2EiYIFkHvNp70WoBzQ4qFi?si=fYC9Eg3RT-Stm0jRip9HUG>
3. **Herpes, Cold Sores & Dating with Emily Depasse INTERVIEW**: On the episode of "Bedside" I'm in conversation with Emily Depasse, a sexologist, relationship + sex therapy graduate, and leading expert on STI stigma. Emily niche is in STI and STD education, and it was after a herpes diagnosis 5 years ago that she started an online community, called SexELDuCation, unpacking and redefining society's narratives around STIs. On today's episode we go DEEP into Emily's own journey learning of a positive herpes status, and her own internalized stigma toward it. Emily shares with bedside how we can better have sexual health discussions, disclosure, and break the ice in the bedroom for better sex. Whether or not you've had a positive STI status, or know a friend or partner who has, we want you to know you're not alone. This episode is going to leave you feeling informed, empowered, and ready to have important dialog around your sexual health. We also talk about:
 - How COVID isn't so different from discussing sexual health statuses
 - What the infamous "cold sore" really is
 - How to talk to doctors
 - How to disclose to partners
 - Experiencing rejectionhttps://open.spotify.com/episode/2LoGliB8Z9wltAJ6WNavGa?si=z4r8Vhe0R_C5fNaB62Q6rA&t=31
4. **156 - All About Herpes with Emily L. Depasse**: This episode of "Sluts & Scholars" features sexologist and soon-to-be therapist Emily L. Depasse. Emily and Nicoletta talk about all things Herpes from stigma, to sex education, policy, and personal stories. Have you ever wondered how to tell a new or ongoing partner that you have Herpes? Tune in to

find out how to navigate this very common virus.

https://open.spotify.com/episode/0LcPIM5uARqIkQVFDEqimu?si=acdKwck_SKqQdVipvG87GA

5. **Breaking the Stigma of STI's with Emily Depasse:** It's not easy to talk about STI's or sexual health in general, but in this episode of “**Women Who Roar**”, sex researcher, Emily Depasse is changing the narrative around Sexual Transmitted Diseases so that we as womxn can talk about the unspeakable subject without shame. You don't want to miss this deep and brave conversation with FWWR Founder Megan February and Sexual Health Advocate Emily Depasse!
<https://open.spotify.com/episode/47XMe984267H6FV4mk4TMP?si=EWGMfldmTuyiOQtsklecBQ>
6. **Getting Empowered Around STIs // Emily Depasse on Carnal Theory:** We all know someone who has or has had an STI. So why are we not talking about STIs?! We continue to dig deeper on this episode of “**Carnal Theory**”; we go into this topic with our second October guest: Emily Depasse, a sex educator and founder of sexELdUcation.
<https://open.spotify.com/episode/4Amu0IZy3VLQLdzx0xJA7M?si=7YZUNdqNREG3IEomAPevSA>
7. **Emily Depasse || Herpes, STI's, Sexual Health & Education:** This week “**The Unity Project**” is back with a very important interview with Emily L. Depasse, MSW, M.Ed. Emily is a sex educator, digital creator, and writer working to redefine the narratives around herpes and other STIs. Emily shared her story about getting diagnosed with herpes in 2015, and really how society sets us up for failure there in such a huge way. She and I talked about the importance of destigmatizing STIs like herpes, the intersection of ethics and sexual wellness and education, and more.
<https://open.spotify.com/episode/1NOdYwZJwVDpfE1gWND6PB?si=QXONhvjRmm1SnbjForDg>
8. **SPFPP 31: Who Will Love Me?:** Our guest for this episode of “**Something Positive for Positive People**” is Emily Depasse, 25 year old Yogi, lifter, model, blogger, paralegal and MSW/MEd Human Sexuality graduate student living with genital hsv-2. Upon diagnosis 21/2 years prior to this recording, Emily wondered who would love her as many of us do at some point upon our diagnosis. Her will to persevere was depleting, she felt alone and did what many of us do in this emotional state, turning to a distraction. In her case it was alcohol and supportive, yet unhealthy relationships with friends in order to cope.
https://open.spotify.com/episode/0xn256TYVw9elfBEkXdprk?si=3Ing6ZcbRDimRkdQB_J9M

SubReddits For Herpes:

If you are uncomfortable reaching me on TikTok or my instagram I can be reached on reddit. I have a page dedicated to herpes (it was the first place I posted my story)

[Mylovelyladylumps69](#). The full list of subreddits can be found below.

https://docs.google.com/document/d/1a7NqE2E4jk6rZ5c6DpCSxG4rzUVI_QUD3uoUgZet2r0/edit?usp=sharing

Positive Herpes Stories On Reddit:

Positive Herpes Stories: These are a bunch of positive stories about herpes that I have found on Reddit. Reddit can be great for information and finding others who are going through the same thing that you are but sometimes it can be filled with a lot of negativity and newly diagnosed people who are confused and scared. I put together a bunch of the more positive posts that I could find about living, dating and thriving with herpes. Things to read when you feel alone or hopeless.

<https://docs.google.com/document/d/11sLzFHVpTWhNCzRSPgqp9pwPqzFrPiwHWJRO83j980M/edit?usp=sharing>

YouTube Channels:

1. **Life With Herpes:** Alexandra Harbushka has both oral and genital herpes and created this youtube page to have some fun, laugh, and learn all we can about the herpes virus. Together we can break the stigma!
<https://www.youtube.com/channel/UCw-XqkVAvdI4QFGUzDcZEZg>
2. **Herpes & Healing:** Welcome to 'Herpes and Healing,' the podcast where we break the silence, shatter the stigma, and heal through real talk. Join hosts Karly and Hannah as we dive into candid conversations, uplift each other, and remind you that you're never alone on this journey. Our mission is to provide a safe space for those affected by herpes, share stories of resilience, and offer support and empowerment. Tune in for insightful discussions, personal anecdotes, and a dose of positivity. Let's navigate this path together and embrace healing and growth. Subscribe now to join our community of strength and resilience!
<https://www.youtube.com/@HerpesandHealing>
3. **Pickering Fitness:** Male with HSV2 talks about his life experiences while having herpes. Has informational and helpful videos on both TikTok and youtube.
<https://youtube.com/@PickeringFitness>
4. **Suzbub:** Female with HSV2, Sensual Guide who got her start on TikTok but also has a YouTube channel all about living with herpes and thriving. <https://youtube.com/@suzbub>
5. **Yoni Nutritionist:** Vaginal Health Nutritionist & Sexual Health Advocate. I help you get to the ROOT CAUSE of your vaginal health and feel confident in your sexlife again!
<https://youtube.com/@yoninutritionist>
6. **Mylovelyladylumps69:** Female with both genital and oral HSV-1. She is mostly a TikTok advocate (Bubblieinblu on TikTok) who uploads all of her videos to YouTube shorts.
<https://youtube.com/@mylovelyladylumps.69?si=MB1yew6AIr64UMix>
7. **Herpes Opportunity:** Who you are is more important than what you have! I am Adrial, the creator of Herpes Opportunity. Getting herpes was a lonely soul-sucking experience for me, too. But you can turn this into a catalyst for deep authenticity and connection. This channel

gives some information but is mostly to sell you on his courses for herpes and 1-to-1 sessions. <https://youtube.com/@thehopportunity?si=ubphX5ORgKGUMTJ5>

8. **Asking For A Friend:** Welcome to the official channel about herpes, the vaccine, and my life fighting the stigma! <https://youtube.com/@AskingForAFriend>
9. **Herpes Goddess | Shana Singleton:** Founder of the Hey Cousins website Shana aka the Herpes Goddess is a stigma breaker who dedicates her videos to loving yourself and your herpes. https://www.youtube.com/channel/UC3WJA_k1JDtV79ffvH67hCA
10. **The STI Project:** Janelle Marie Pierce CSE is the Executive Director of the STI Project: Breaking the Stigma. As an STI+ Certified Sexuality Educator she has been dismantling stigma by reclaiming the STI narratives through awareness, education, and acceptances since 2012. <https://youtube.com/@TheSTIProject>
11. **Jason 4 Hope** Jason is a 21 year old male just diagnosed with hsv2 video journaling his experiences with it and the stigma. It's a brand new channel. <https://www.youtube.com/@Jason4Hope>

Specific Videos:

1. **The Second First Time (Short Film):** the best fictional representation of the anxiety of having sex after diagnosis. Literally brilliantly done <https://youtu.be/3qSeYQ88YcI>
2. **It Might Be Good to Have Herpes | Trained Immunity:** While herpes viruses cause harmful or annoying afflictions like chickenpox and cold sores, there's also evidence it can help your immune system fight unrelated attackers. Hosted by: Olivia Gordon <https://youtu.be/fmqy4rgSwGA>
3. **Adam Ruins Everything:** This was the first mention of herpes I ever saw on television and let me tell you it made me feel so much better. <https://www.youtube.com/watch?v=aU4VcOQzQm0>
4. **Drew Michael:** This comedy sketch is the ONLY acceptable form of herpes humor. It made me laugh. Deff worth the watch. <https://www.youtube.com/watch?v=mEO5g2QiuSM&t=17>
5. **STIs aren't a consequence. They're inevitable. | Ella Dawson Ted Talk:** this is a Ted talk about herpes, and STIs and the experience people have with it highly recommend giving it a watch. <https://youtu.be/YcII-hclRLI>
6. **The Real Truth About Herpes:** Throughout our lives we have heard some data that may or may not be accurate about herpes. But in this video we will talk about everything you need to know about herpes. 7 minute overview of herpes from an OBGYN. <https://youtu.be/U-nrVMQTSes>

7. **Living With Herpes** Certified Sex educator Laureen Herve-Dupenher talks about her journey with herpes. <https://youtu.be/DabXO2E2GeE?si=l7oiSlpptqh4iRkJ>
8. **How Herpes Can Actually Be Good For You:** Can having Herpes actually have benefits? While herpes viruses cause harmful or annoying afflictions like chickenpox and cold sores, there's also evidence it can help your immune system fight unrelated attackers. Join Olivia Gordon for a new episode of SciShow that might blow your mind!
<https://www.youtube.com/watch?v=fmqy4rgSwGA>
9. **Dr. Ghofrany Talks About Herpes:** Dr.Ghofrany is an OBGYN. In this video she gives a great overview of herpes (hsv-1.& 2)
https://www.instagram.com/tv/CTFkj4YFLYZ/?utm_source=ig_web_copy_link
10. **The Real Talk Podcast:** Herpes advocate Bubblicinblu (Lauren) talks about her life with herpes, dating, outbreaks, overviews and overcoming stigma. <https://youtu.be/kRBU7yyRLI0>
11. **Lil Diky:** Gave an interview attacking the herpes stigma. I personally thought it was great that a celebrity was using their platform. Other people did not like the fact that he reiterated that he did not have it multiple times. But baby steps (in my opinion) are better than nothing.
<https://www.youtube.com/watch?v=tiKKdo8FXsA>
12. **Destigmatize Herpes:** Hilattheearth partnered with Wisp to make this banger of a herpes awareness song. <https://www.instagram.com/reel/Co-HYz0APFb/?igshid=Mzc1MmZhNjY=>

Websites / Blogs:

1. **Herpes 101:** This site was created by Bubblicinblu (Mylovelyladylumps69) . It is all her research guides compiled in a more user-friendly website! It has the Disclosure Guide, The Outbreak Guide, Guide to Helping Prevent Transmission To A Partner, Myths About Herpes, Herpes Social Media List, and so much more!
<https://sites.google.com/view/herpesinfo/home>
2. **Something Positive For Positive People (SPFPP):** Our mission is to promote STI minimization, which is a harm reduction approach to sexual health and well being which includes facilitating critical dialogue for persons diagnosed with an STI navigating not only sexual health education with providers, but also sexual health communication with sexual partners and health providers. SPFPP provides content that connects this population with perspectives & resources that improve mental health and dissolve stigma from persons with lived experiences. <https://www.spfpp.org>
3. **Ella Dawson Herpes Advocate:** Hi there! My name is Ella Dawson, and I'm a sex & culture critic and digital strategist from Connecticut. I also live with genital HSV-1. In my writing I explore the social stigma of STIs and how our sexual health is shaped by politics, culture and shame. <https://elladawson.com/herpes/>

4. **MuslimsWith HSV:** Muslims with HSV is dedicated to educating the Muslim community about Herpes Simplex Virus (HSV) while providing a safe and supportive environment for Muslims living with the condition. Our goal is to empower individuals to live confidently and healthily, promoting a more informed and compassionate society.
<https://muslimswithhsv.com/about-muslims-with-hsv/>
5. **Terri Warren & The Westover Heights Clinic:** Formerly the Westover Heights Clinic, We are now the Westover Research Group. This online-only service will help you obtain accurate science-based information about herpes. Terri Warren, nurse practitioner and published author on all things herpes, answers questions here on the herpes Q and A Forum. She also helps people, via a secure telemedicine portal, obtain the gold standard herpes western blot for clarification of their infection status.
<https://westoverheights.com/forum/herpes/herpes-questions/>
6. **The Good News About The Bad News Herpes Handbook by Terri Warren:** This book was written by Terri Warren. If you have genital herpes, you're not alone. Millions of people lead healthy, sexually active lives with herpes. Although herpes symptoms can be managed with medication and treatment, the stigma associated with the infection can negatively impact self-esteem and become a problem in itself. This complete guide to living with genital herpes, written by internationally recognized herpes expert Terri Warren, addresses every practical issue people with herpes face.
<https://drive.google.com/file/d/1HfrpGKnkcutgAvc3bCnGltG0U6x0Bztq/view?usp=sharing>
7. **I Did Everything “Right” And I Still Got Herpes. Years Later I’m Finally At Peace With That:** Jazz Meyer is a freelance writer and editor obsessed with the strange and beautiful nuances of humanity. She has spent the last 10 years writing about sex, dating, and relationships. In this article, she describes how she was diagnosed with her first disclosure and her first disclosure in a queer relationship.
https://www.huffpost.com/entry/sexual-health-herpes-stigma-transmission-precautions_n_66a78ab4e4b07ad170cfa4c
8. **Herpes Ruined My Life: How to Rebuild Confidence & Hope:** Life with herpes can be so overwhelming and isolating that those who haven’t experienced it cannot truly understand. After being diagnosed with herpes, I initially felt like my life had collapsed. However, after some time and effort, I successfully rebuilt my confidence and hope. Now I’m starting fresh with searching for singles. This article will share that process in the hope that it can inspire others facing the same predicament.
<https://hsvdatingwebsite.com/herpes-ruined-my-life-how-to-rebuild-confidence-and-hope/>
9. **Herpes Could Never:** We are at war with the herpes stigma until our community feels comfortable being open about their status and proud of their sexuality. This is a platform for herpes workshops and events that can help you cope and learn more about herpes. It does cost some money but if you really need the extra help it may be beneficial for you to check out. <https://www.herpescouldnever.com>

10. **Coco Densmore: Living With HSV-2:** Coco Densmore in an unremarkable middle-aged BBW. She writes about Embracing Her Single, her adventures in dating, being HSV-2+, the challenges of living with bipolar mental illness, and her faith deconstruction journey.
<https://www.cocodensmore.com/living-with-hsv-2>
<https://www.cocodensmore.com/post/letter-to-a-young-woman-newly-diagnosed>
11. **My Herpes: From Shame to Empowerment:** Amanda has a master's degree in public health. I have provided HIV and STD prevention education to a variety of audiences. I've advanced in my career, been acknowledged for my contributions to the field of public health, and honored as a queer woman for contributing positively to the LGBTQ+ community. I now work full time as a director at the National Coalition of STD Directors. And I have herpes.
<https://www.ncsddc.org/my-herpes-from-shame-to-empowerment/>
12. **Life With Herpes:** I am thrilled to welcome you to the Life With Herpes Community. There are so many resources for you to begin to feel comfort, freedom and get you back to enjoying life to its fullest. Seriously, I wish this community was here when I was diagnosed in 2011 and that's why I created Life With Herpes. <https://www.lifewithherpes.com/blog>
13. **New York Times: To Patients, Herpes Can Be Devastating. To Many Doctors, It's Not a Priority:** Billions of people live with the infection, but there has been scant progress for treatments and tests. Article talks about those with herpes and attacks the stigma.
<https://www.nytimes.com/2023/02/18/well/herpes-treatment-stigma.html>
14. **Herpes Cure Advocacy:** Herpes Cure Advocacy is dedicated to supporting patients who are living with Herpes Simplex Virus. Our mission is change, and to accelerate the progress towards cure, treatment and prevention. For counseling related to living with herpes simplex virus, or the fight for a cure, patient advocates are encouraged to join a monthly group counseling session. A trained mental health professional will hold monthly meetings for all things herpes simplex virus, to meet, share resources, educate each other, advocate, and share personal stories. 3rd Thursdays @ 8pm EST / 5pm PST
<https://herpescureadvocacy.com/living-with-herpes/>
15. **How Herpes Became a Sexual Boogeyman:** Slate article about how the herpes stigma came to be.
<https://slate.com/technology/2019/12/genital-herpes-stigma-history-explained.html>
16. **Cleveland Clinic: Herpes Simplex Virus (HSV):** Cleveland Clinic is a non-profit academic medical center with a great overview of herpes simplex virus.
<https://my.clevelandclinic.org/health/diseases/22855-herpes-simplex>
17. **CDC: Herpes:** The Centers for Disease Control and Prevention is the national public health agency of the United States. It covers all types of viruses, diseases etc. It is the standard of care in the United States and has a page dedicated to herpes.
<https://www.cdc.gov/herpes/about/index.html>

18. **WHO: Herpes:** The World Health Organization is a specialized agency of the United Nations responsible for global public health. It covers every virus/ disease and has a page dedicated to herpes. <https://www.who.int/news-room/fact-sheets/detail/herpes-simplex-virus>
19. **Mount Sinai: Herpes Simplex:** The Mount Sinai Health System is the largest hospital network in New York City. Known for its medical research it has a whole page dedicated to herpes. <https://www.mountsinai.org/health-library/report/herpes-simplex>
20. **Hopkins Medicine: Herpes:** Johns Hopkins Medicine is a comprehensive healthcare system affiliated with Johns Hopkins University in Baltimore, Maryland. This has a great outline of basic herpes myths nicely laid out with cited sources at the bottom. This site is great for newly diagnosed people to find answers fast. <https://www.hopkinsmedicine.org/health/conditions-and-diseases/herpes-hsv1-and-hsv2/genital-herpes>
21. **STD Center Herpes:** This has a great outline of basic herpes myths nicely laid out with cited sources at the bottom. This site is great for newly diagnosed people to find answers fast. <https://stdcenterny.com/herpes/chances-of-getting-herpes-from-infected-partner.html>
22. **PinkTent.com:** Dr.Kelly Voshell Martin Schuh is a transformation coach for women overcoming sexual abuse and STDs. She was diagnosed with HSV at 23 and became determined to help other women overcome sexual shame. The site has forums to ask questions, courses to buy to transform your life 1-on1 support, and podcast links. www.PinkTent.com
23. **The New Zealand Herpes Foundation:** This has a great outline of basic herpes myths nicely laid out with cited sources at the bottom. This site is great for newly diagnosed people to find answers fast. The whole website is dedicated to herpes This website is brought to you by the Sexually Transmitted Infections Education Foundation (STIEF) - an initiative funded by the Ministry of Health through collective District Health Boards (20) to educate New Zealanders about STIs. District Health Boards (DHBs) are responsible for providing or funding the provision of health services in their district. The medical information in this website is based on the STIEF Guidelines for the Management of Genital Herpes in New Zealand. The New Zealand Ministry of Health supports the use of these clinical guidelines, developed by clinical experts and professional associations to guide clinical care in New Zealand. <https://stdcenterny.com/herpes/chances-of-getting-herpes-from-infected-partner.html>
24. **Lorna Health: Herpes Virus Infection:** Lorna Vanderhaeghe is a women's natural health expert who has been researching and writing on the subject of nutritional medicine for over 35 years. She has outlined not only the herpes virus but it has a chart for information regarding supplements to take to help with herpes outbreaks. <https://lornahealth.com/conditions/herpes-virus-infection-simplex-genital/>

Novels / Books:

1. **Monsters by Ken Dahl:** Part fiction and part deranged educational film strip, Monsters focuses both on the physical symptoms and the traumatic emotional damage of an STD that rarely affects two people the same way. <https://a.co/d/8fwFMbP>
2. **Sick by Ken Dahl:** The author of the perennial classic, Monsters (written as Ken Dahl), Gabby Schulz returns with a new graphic novel, Sick, which Hicksville author Dylan Horrocks calls "a punch in the face and well worth reading." Severely ill, uninsured, alone, and confined to his bed for weeks, Schulz was left searching—only to find himself. Sick documents his discovery in gory, glorious, water-colored detail, finally completed and collected here for the first time in a beautiful, album-sized hardcover edition. Like Monsters, Sick focuses on health and social policy, this time expanding from the subject of STDs and their stigma to the larger, hot-button issue of national healthcare. <https://a.co/d/90VZ99H>
3. **The Good News About the Bad News: Herpes: Everything You Need to Know by Terri Warren:** If you have genital herpes, you're not alone. Millions of people lead healthy, sexually active lives with herpes. Although herpes symptoms can be managed with medication and treatment, the stigma associated with the infection can negatively impact self-esteem and become a problem in itself. This complete guide to living with genital herpes, written by internationally recognized herpes expert Terri Warren, addresses every practical issue people with herpes face.
 - **Free Book Download Here:**
https://drive.google.com/file/d/1HfrpGKnkcutgAvc3bCnGltG0U6x0Bztq/view?usp=drive_link
 - AI Generated podcast of the book: <https://photos.app.goo.gl/mVWiPAGDx7fK2RpM9>
 - Hard Copy purchase: <https://a.co/d/ixT99rq>
4. **The Ultimate Guide to Herpes:** Olivia Hill was diagnosed with herpes at 16 and is now 24. This book below provides answers to all of the questions and concerns about herpes. Since I am unable to respond to every message I receive, I wrote a book so you could have all the information you would ask me in a chat. Sincerely appreciate your support. It is also not necessary to have herpes to purchase a book as it is informative for all. Also there is a support group available to join as well on this page.
<https://callmealliya.com/products/join-my-support-group-today>
5. **Live, Love, and Thrive with Herpes:** is a revolutionary approach for women to living with herpes. You will learn how to decrease your outbreaks naturally and how to overcome the emotional trauma of this unfairly stigmatized diagnosis. Meditations and exercises will assist you in your journey to overcome grief and practice forgiveness, healing from the inside out. You will discover: - The top ten triggers your doctor never told you about - Key components of nutrition and detoxification - How to reclaim your feminine power and embrace your

sexuality - How to enter intimacy with integrity and authenticity - Dr. Kelly's simple four-week Self-Care Plan for success. <https://a.co/d/1gEDM80>

6. **The STD Coloring Book:** An Adult coloring book of the human body, infectious diseases and viruses including syphilis, gonorrhea and herpes for men and women! Color pictures of herpes, gonorrhea, syphilis and much more in this memorable and unique adult coloring book for women and men. A memorable present or gag gift for a friend who likes medicine, humor, science, anatomy, Nurse-patient relations, adulting coloring books or who just likes to laugh!
https://www.amazon.com/dp/B086G6FKRX?ref_=cm_sw_r_cp_ud_dp_X013MANQK1RSJM0QC6B4&skipTwisterOG=2

HSV Fanfiction:

1. **HSV Imagines & One Shots:** Welcome to my (new) HSV FICTION blog. We are not dirty. We are not perfect. We have either made some mistakes or been hurt by others. This blog is meant to be a ray of light during those dark days.
<https://hsvfiction.tumblr.com/post/653714484205158401/positive-disclosure-1>
2. **FICTION: Calculated Risks by Ella Dawson:**
<https://elladawson.com/2019/08/30/thursday-night-on-campus-a-herpes-positive-romance/amp/>
3. **The Second First Time (Short Film):** the best fictional representation of the anxiety of having sex after diagnosis. Literally brilliantly done <https://youtu.be/3qSeYQ88Ycl>

Support Groups:

Listed here are different support / dating groups that are available for you to join. Whether you have HSV-1 or HSV-2 it's good to know that there are others out there that not only are in the same boat as you but who are all in the same space to talk, swap remedies, dating advice and just be there for you as you navigate your diagnosis. I have tried to compile a list of **FREE** groups for everyone to be able to use, of all demographics, ethnicities, religions, sexualities, beliefs, orientations etc. I have researched these groups to the best of my ability and have tried to list any membership fees or prices that I found. If there are any issues with any of the links provided in this document please reach out to me so I can fix it. I am not the owner of **ANY** of the support / dating groups listed. If you are looking for other forms of social medias podcasts, influencers, informative videos etc. check out the full social media herpes list here:

https://docs.google.com/document/d/1e4Fo47eyvqbLr2N3zsVF8ib48X9Wahy4LG4mY_Alk5E/edit?usp=sharing

If you know of any groups that are not listed here please feel free to DM me on Instagram: [Bubblieinblu](#) Reddit: [Mylovelyladylumps69](#) or TikTok: [Bubblieinblu](#) .

Dating Groups:

Listed below are all the dating groups that I have found across multiple platforms. You can date **ONLY** in the herpes community if that is something you choose to do but you do not have to limit yourself to only herpes people. Many people have herpes and are unaware and others who do not have it are more than willing to date people who do. Remember you are dating consenting adults who are capable of making decisions about what risks they are willing to take in relationships so do not reject yourself on their behalf. For help with herpes disclosures feel free to take a look at the **Disclosure Guide**:

https://docs.google.com/document/d/1eMul_7Lu1Fa0ZJYGxKnEewDMqdZOFYTLKsG7EDknfwA/edit?usp=sharing

Dating Group List:

<https://docs.google.com/document/d/1aP3ToqeVvZHkIH6bedZSfKhbr301NUza7rLjbWZq5t0/edit>

1-On-1 Herpes Support:

These services usually cost money but you can directly speak to a herpes advocate or specialist. But for some this may be an option they want to look into. I tried to put them in price order. Prices were captured in 2024 and are subject to change.

1. **Lauren (Bubblieinblu / Myloveleyladyumps69)**: while Lauren does not offer phone calls she does offer **free** 1-on-1 messaging support on Instagram: [Bubblieinblu](#), Reddit: [Mylovelyladylumps69](#), TikTok: [Bubblieinblu](#), Discord: [Bubblieinblu](#), or Herpes Info: [Discord Group](#)
2. **Courtney Brame**: The creator of “*Something Positive for Positive People*” offers a 1-on-1 scheduled call duration 30 min and is **donation based**. He will cover Disclosure guidance, Venting space, and Dating advice. Schedule a call here: <https://spfpp.org/herpes-support-call>
3. **Life With Herpes**: Get Your Burning (no pun intended) Herpes Questions Answered Anonymously The live is a place you can anonymously ask those questions you might be too embarrassed to ask anywhere else. Our live sessions on TikTok are designed to provide you with candid and insightful answers to your most embarrassing herpes questions. **\$5** per question answered on TikTok live. <https://go.lifewithherpes.com/sp1-7898>
4. **Safe_Slut**: offers a couple different options for 1-on-1 support. She offers a Mini Support Call for 10 minutes for **\$15**, Safe Slut Support which is 30min for **\$45**, 45 min for **\$75** or 60

min call for **\$100**, you can also join her patreon for reduced rates and longer call times.
<https://calendly.com/safeslut>

5. **Suzbub:** Sensual / Herpes Guide can help you both with your herpes diagnosis but also with your sensuality. Calls are **\$50** for a 30 min 1-on-1 call.
<https://www.suzbub.com/supportcalls>
6. **The STI Project:** If you have a personal situation you'd like help with – questions about transmission and risk, management and treatment options, relationships and disclosure, etc. that are specific to your unique circumstance – Jenelle is always happy to work with you individually. Each consultation includes a strictly confidential 1hr audio/video meeting and one email follow-up. **\$117** for an hour 1-on-1 call.
<https://www.thestiprject.education/offers/DywMfwz7/checkout>
7. **Yoni Nutritionist:** Specifically for people with vaginas she will help answer herpes questions or vaginal health concerns, disclosure guidance, nutrition lifestyle tips, help with internalized stigma, and give you a safe space to feel seen and heard. Calls start at **\$88** for 30 min, or **\$169** for 60 min. <https://yoni-nutrition.teachable.com/p/30min-quick-consult>
8. **Adrial:** Offers 1-on-1 coaching for **\$47** for your 1st 25 minute virtual session. **\$147 per month** (minimum 3 month package) for one 50 minute session per month. **\$260 per month** bi-weekly 50 minute sessions (2 per month) with a 2 month commitment. **\$440 per month** for four 50 minute sessions per month (1 month commitment) There is also a free community forum to ask questions and you can buy a course for **\$147** that includes 4 guides on Self-Care/Self-Image, Dating & Relationships, Disclosures, and Sex & Intimacy.
<https://www.herpessopportunity.com>
9. **Dionne Slater:** Hypnosis therapy to help with internalized stigma. Using a mixture of coaching and my skills as a certified Rapid Transformational Therapy practitioner, we'll do a deep dive into whatever it is you're desiring to work on. This breakthrough session is designed to empower you, inspire you, get clarity and create momentum. Are you ready? LFG. **£249** for a 90 min 1:1 session via Zoom and 1 day Voxer support (1-2 weeks after session to check in/ follow up/ answers any Qs)
<https://dionne-slater.com/breakthrough-session>
10. **Christopher Herpes Coach (Pickeringfitness):** Personal herpes coach popular on social media platforms offers coaching sessions. He has convenient payment plans for his coaching program where you can split up the investment over the course of 4 months. The coaching program comes out to around **\$360/month** or he does a one time call for **\$147** which can also be paid in a payment plan. <https://go.herpessconsulting.com/>
11. **Coach Shana:** Is a herpes life coach and herpes advocate. You can chat with her on Ultra Messenger. You pay for various contact meth **30 credits** per message, **60 credits** per voice memo and **110 credits** per minute phone call. Credits can be purchased in app 20 credits for \$3 100 credits for \$15. This works out to around **\$6 per message**, **\$495 per 30 min phone call** and **\$990 per 60 min phone call**. <https://ultra.bio/coachshanasingleton>

If you have any further questions, if any of the links no longer work, or you created/found a group/ platform that you want added to the list you may reach the creator of this document on Instagram at [Bubblieinblu](#) or Reddit at [Mylovelyladylumps69](#).

This document was last updated on 21AUG2024.