

Herpes 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

If you are interested in making friends with herpes check out the **Social Medias About Herpes Guide** which has support groups, reddit threads, tiktoks, podcasts, instagrams, facebook accounts, youtube channels that you can connect with others that have herpes in a non-romantic way.

<https://docs.google.com/document/d/1E6uCpRELklDFFqtTcYLkdC-3Zo5004EEqaXJ-5j2cC8/edit>

General Herpes Dating Groups:

1. **Positive Singles:** this dating APP is catered to people with STIs (mainly herpes, hpv, HIV & AIDS). You can make it as private as you like by not posting anything but a bio until you decide to reveal photos of yourself to another person or you can set it up like a regular dating app. The cool thing about the app is that everyone on there has something so disclosing isn't nearly as stressful.

Things I personally did not like:

- a. A lot of the features required you to pay for the app
 - b. Anyone from anywhere and any age can message you so it is hard to weed out who you want to talk to
 - c. It seems easy to trauma bond on there if you and the other person were both recently diagnosed (so be careful and don't settle for anything less than you deserve!)
2. **MPWH:** Meet people with herpes is the best HSV & STD dating community for positive singles who are living with Genital Herpes & oral herpes. This group is much like Positive singles where it costs money to get the best experience. It is a dating app for all persons diagnosed with an STI. <https://www.mpwh.com/?tid=acvM>
 3. **Permanent Safe Space:** The purpose of this space is to encourage everyone to make bonds and connections whether they're romantic, friendships, acquaintances, business related, or basically family. This discord group is open to all STDs but most specifically HSV.

There are many subchats for all different subject matter including. Gender, religion, and LGBTQIA+. <https://discord.gg/SMHU3mJmGx>

4. **STD Friendly** this is a brand new site that is hoping to replace Positive Singles. STDFriendly.com is a community designed to bring people together who are living with STDs. At **STDFriendly.com**, we believe that love is meant for everyone—no exceptions. Living with an STD doesn't define you, and it certainly doesn't mean your love life is over. In fact, it's just the beginning of a new chapter. You're not alone—millions of people around the world are navigating the same path. Our goal is to create a space where you can connect, share, and find meaningful relationships without the stigma.
<https://stdfriendly.com/search.php>
5. **HSV Dating on Facebook:** this Facebook group has over 4 thousand members and is not a support group but a way to romantically meet people with HSV. **Mission Statement:** NOT A SUPPORT GROUP This group is a safe place for those 18+ years old navigating the HSV+ dating world by allowing us to get to know one another in a group setting. This group is all inclusive for all types of dating. May you find what you are looking for in a partner!
<https://www.facebook.com/groups/358851731762247/?ref=share>
6. **HSV1 & HSV2 Dating:** NOT A SUPPORT GROUP! This group is a safe place for those 18+ years old navigating the HSV+ dating world by allowing us to get to know one another in a group setting. This group is all inclusive for all types of dating. It has over 800 members.
<https://www.facebook.com/groups/1157676138140241/?ref=share&mibextid=S66gvF>
7. **Sociable HSV Solos:** Dating group for individuals 18+ in age for those with HSV. A group for individuals that are single only. While we respect everyone's lifestyle, there are other groups that are open for those relationship types. Over 200 members.
<https://www.facebook.com/groups/988511572552029/?ref=share&mibextid=S66gvF>
8. **HSV1/HSV2:** this is a group for adults there is no clear mission statement but there are over 12k members and is for HSV+ people dating other HSV+ people.
<https://www.facebook.com/groups/2278861642174705/?ref=share&mibextid=S66gvF>
9. **HSV+ Dating Group:** This group also does not have a mission statement but has over 1k members and is growing.
<https://www.facebook.com/groups/400728750640150/?ref=share&mibextid=S66gvF>
10. **Herpes Dating Group:** This is a warm-hearted community exclusively for singles with Herpes and other STDs, you can find new friends, a potential spouse, community support, and get on with your life. You must answer all questions to join the group or your request will be rejected. This group is private.
<https://www.facebook.com/groups/1498631666962000/?ref=share>

11. **Holding Hands with Herpes - Mature HSV Dating:** This group was specifically for those with an HSV diagnosis and are looking for serious relationships. Flings, one nightstands and FWB happen, but this group is geared towards finding that special someone. Over 300 members.
<https://www.facebook.com/groups/408905497098019/?ref=share&mibextid=S66gvF>
12. **STD, HIV, HSV, HPV, AIDS, Herpes Dating and Support:** www.freehivdatingsites.com
When you have Herpes (HSV-1, HSV-2), HPV (Human Papillomavirus), HIV or any other STD, it can make you feel alone in the world. Do you wish there was a place where you didn't have to worry about being rejected or discriminated? Private group 1.2k members.
<https://m.facebook.com/groups/StdSingles/?ref=share&mibextid=S66gvF>
13. **Herpes Dating Support:** www.peoplelivingwithherpes.com The best, largest, completely anonymous and most trusted online dating community for people living with herpes, HPV, HIV / AIDS, Hepatitis, Chlamydia, Gonorrhea, Syphilis and other STDs in the world with countless members in the US, UK, Canada, Australia and Europe. Public Group with over 355 members.
<https://m.facebook.com/groups/539225196428235/?ref=share&mibextid=S66gvF>
14. **Herpes Anonymous: Private group!** A place to meet and mingle with other people with herpes. This group has over 300 members!
<https://www.facebook.com/share/rtALjCtx5L598jia/?mibextid=K35XfP>
15. **Hedonistic HSV Hideaway (HHH): private group** We are a network of freaks & friends that have been somehow gifted with HSV. With that being said, not going to let that stop the show of living our best pleasure filled life. This group is for events that we are going to have knowing that we do not need to disclose because we are fucking celebrating our existence and choice to fuck/love on!!! This is a safe environment where we will be hosting events and meet ups monthly. Themes to look forward to are: Spoken Word Art Exhibit/Sale, Wine Tasting, Movie Nights, Arcade Nights, Board Game Nights, Talent Show Nights & much more. Inquire if you would like to seek out our match making services in order to be paired with other members of the community with the same interested and preferences as you. Please respect love and care for everyone while interacting, choose grace or go some other place.
<https://m.facebook.com/groups/277514388346609/?ref=share&mibextid=S66gvF>
16. **r/tinder4herpes:** This is a brand new subreddit that is being used for two things. The first is the creator has put their herpes status in their bio on tinder and is reporting on how people are reacting to it. The 2nd is for people with herpes to chat and meet with each other. It has a live chat lounge. <https://www.reddit.com/r/tinder4herpes/>
17. **r/hsvdating_marriage:** lets help eachother out this could find the love of someone's life or friend or whatever. We are a community and we need to stand together.
https://www.reddit.com/r/hsvdating_marriage/

18. **r/PositiveDating:** Like r/4/r but for people with any and all STIs has over 1,000 members.
https://www.reddit.com/r/PositiveDating/?utm_source=share&utm_medium=ios_app&utm_name=ioscss&utm_content=1&utm_term=1
19. **r/DatingwithHSV:** Here is a place to connect with HSV+ singles. Plenty of people are having issues with disclosing and self-image. Here we are one of a kind. Feel free to post your (age, sex, location, partner preference, ex. 25 M Ohio, seeking F) Please be safe and remember to stay anonymous until you're ready. I'm going to leave this page public and eventually make it private, request only.
<https://www.reddit.com/r/DatingwithHSV/s/6TLvTzL6Hh>

Specific Dating Groups:

1. **Poly Positive HSV:** Are you tired of having that tough or awkward conversation to disclose your diagnosis when you are talking to a new potential partner? Here you can be yourself and skip all that awkwardness! We are here because we are positive or we love and support those that are!
<https://www.facebook.com/groups/1067418384133900/?ref=share&mibextid=S66gvF>
2. **Poly/ENM & HSV+ (Oh My):** A friendly gathering of folks who are poly and/or Ethically Non Monogamous and HSV positive. To build community circles, share wisdom, and foster support. It's like Vegas - what happens here, stays here. Private group of over 800 members.
<https://www.facebook.com/groups/237398907214402/?ref=share&mibextid=S66gvF>
3. **r/PositiveSwingers:** A community for HSV+ swingers to discuss their lifestyle, meet new people and help end the stigma. NSFW
https://www.reddit.com/r/PositiveSwingers/?utm_source=share&utm_medium=ios_app&utm_name=ioscss&utm_content=1&utm_term=1
4. **r/HSV_KINK:** This is a r4r community for HSV positive people to find each other to partake in kink activities, make sure to post your age, gender, and location and then the age range you're looking for, the location, the gender you're looking for, and what you're looking for in your posts. Please keep all r4r content in the posts unless you're replying to a post, do not post r4r content in the comment sections. https://www.reddit.com/r/HSV_KINK/
5. **LGBTQIA 🏳️‍🌈 Herpes Support & Dating Group:** This is a private group for members of the HSV/HPV community who identify as LGBTQ. This Group will not appear anywhere on your profile, and only those within the group can see who the members are and what is posted. No new profiles will be accepted. Over 600 members here!
<https://www.facebook.com/groups/386952082056743/?ref=share>

6. **Christian HSV Herpes Singles:** Welcome everyone! We have created this group for dating with herpes. We will not allow memes or fake profiles. This is strictly for dating only.
<https://www.facebook.com/groups/683832889310556/?ref=share&mibextid=S66gvF> .
7. **40+ HSV Singles:** This is a private singles group (only other members can see you're in the group) for people 40+ years of age who are HSV positive. This group is meant to be a safe place for singles 40 and over to come together, meet new people, make new friends, and hopefully make a connection. The group is designed to bring people together that are looking to meet others that also reside in the United States. You must answer all the questions, and acknowledge the rules to join the group. Thank you!
<https://www.facebook.com/groups/1327167530980262/?ref=share&mibextid=S66gvF>

Location Specific Dating Groups:

1. **Arizona Dating With Herpes Friends & More:** Brand new private group looks like it is still in the process of being set up.
<https://www.facebook.com/groups/683896045293212/?ref=share&mibextid=S66gvF>
2. **HSV Dating In Florida:** Private group for people living with HSV1-2 that live in Florida USA. This is a dating site first but we can also act as a support group for the people that want to chat or need advice on living with HSV. Over 100 members.
<https://www.facebook.com/groups/303052038102134/?ref=share&mibextid=S66gvF>
3. **HSV Dating in Atlanta:** This is a group for everyone that has Herpes 1, Herpes 2 and both. Let's find compatible people to spend time with, go out with and date! Over 100 members.
<https://www.facebook.com/groups/2991834671030050/?ref=share&mibextid=S66gvF>
4. **HSV+ Dating Louisiana & Mississippi:** This group is a safe space for those 18+ in Louisiana & Mississippi exploring the HSV+ dating world by allowing us to get to know each other through a group setting. This group is private (meaning no one can see that you are in this group except members). This group is all inclusive for all types of dating! Please respect everyone's privacy. Over 70 members.
<https://www.facebook.com/groups/3814302398679561/?ref=share&mibextid=S66gvF>
5. **Mississippi Herpes Dating:** A dating group for people living in the Mississippi or on the Gulf Coast who have herpes. This is a private group with over 10 members.
<https://www.facebook.com/groups/2208868039329132/?ref=share&mibextid=S66gvF>
6. **NJ Herpes Dating:** This is a group for people in NJ who have herpes that are looking to date or make friends. Group has over 70 members.
<https://www.facebook.com/groups/547909702871359/?ref=share&mibextid=S66gvF>
7. **Texas HSV Singles:** A group for HSV+ singles who live in Texas. A place to come and have a few laughs, meet new people, make new friends, and maybe find your match! If you are out of line in the group or someone reports you for being out of line in their messages you will be removed and blocked from the group! This group is a private group, it does not show

up on profiles. Only other members will be able to see that you are a member!

****ATTENTION**** To join this group you must answer ALL of the questions, and check the box to acknowledge the group rules or your request to join will be declined/deleted.

<https://www.facebook.com/groups/739317709972366/?ref=share>

8. **Houston TX HSV Dating Group:** Herpes positive dating group for Houston and surrounding Suburbs only. Over 300 members.
<https://www.facebook.com/groups/268894241288139/?ref=share&mibextid=S66gvF>
9. **HSV Midwest Dating:** Midwest HSV Dating KS, NE, MO, CO, OK, etc. Over 80 members
<https://www.facebook.com/groups/708960392878639/?ref=share&mibextid=S66gvF>
10. **Herpes + Dating NY** This is a meetup group based near NYC, they have meet ups such as game nights, bar meetups etc.
<https://www.meetup.com/meetup-group-clqhwmxh/events/291145257/>
11. **Dating With Herpes in Michigan:** This group is only for people that live in Michigan or willing to relocate to Michigan. Has 20 members currently.
<https://www.facebook.com/groups/233576808985615/?ref=share&mibextid=S66gvF>
12. **HSV - Scandinavia & Europe:** This is a group for people with HSV. Support, dating and conversing about medicines are allowed. No rules, just be kind and understanding to each other. Over 60 members.
<https://www.facebook.com/groups/4710598869027335/?ref=share&mibextid=S66gvF>
13. **Herpes Dating Australia, Sydney, Melbourne, Perth:** Dating group for Australia with over 300 members in it. This is a public group.
<https://www.facebook.com/groups/1795593120661579/?ref=share&mibextid=S66gvF>
14. **Mingles Mingling: Australian Herpes Support, Friendship, Dating:** Welcome to the friendliest, most supportive, inclusive and sex-positive herpes support group on Facebook! We are a nurturing, bully-free community for those living with Herpes, HSV1 and HSV2, in Australia. Whether you're looking to date, make new friends, or just be part of a fun group, everyone is very welcome here We aim to reduce stigma and shame by allowing ourselves to freely express our sexuality, kinks, desires, sexual identity, fantasies, and feelings. Friendly banter and debate is welcome. Meme posting is also welcome.
<https://m.facebook.com/groups/655142843189073/?ref=share&mibextid=S66gvF>
15. **Herpes Support UK Dating:** A private group for anyone looking for love. No charge for this. Please ensure you are safe. Never meet up with a stranger in a private place. Always make sure you meet people in public until you are absolutely sure you can trust them. Please ask before private messaging anybody. Any dodgy behaviour will see you removed from the group! Keep it honest, polite, respectful and honourable. Over 400 members!
<https://www.facebook.com/groups/702255330521422/?ref=share&mibextid=S66gvF>

16. **Herpes Dating Canada:** HerpesDatingSite.ca is an exclusively dating site for women and men who are living with Herpes in Canada private group!
<https://m.facebook.com/groups/1856179264619760/?ref=share&mibextid=S66qvF>
17. **Herpes (HSV) Support Group- Newfoundland and Labrador:** This is a support group for people living with Herpes (HSV) infection, in the province of Newfoundland & Labrador. HSV is considered a stigma that can impact our lives remarkably, however the choice of being a victim... or a victor lies with solely us. Stories are powerful, and together we can be strong and conquer the HSV stigma. So let us be there for one another... and help each other in our quest to regain control of our lives post HSV. Private group.
<https://m.facebook.com/groups/505534387144563/?ref=share&mibextid=S66qvF>
18. **Positive Singles Canada- Herpes Dating Canada & STD Dating Canada Group:** Canada Largest Online Positive Singles Site & App For Herpes dating and STD Dating People with Herpes (HSV-1, HSV-2), HPV, HIV/AIDS & Hepatitis. Join for FREE and meet singles STDs Now <https://www.positivesingles.com/i/CA>

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)
Mylovelyladylumps6

1. **r/herpes:** Hello, r/Herpes is open and welcomes you. This group is a resource for people living with Herpes. We encourage everyone, patients and professionals, to have a dialogue here about advocacy, cure, treatment and prevention. We encourage discussion about clinical trials, research and news on the path to change. This is also a place to discuss relationships, diagnosis issues, your health and symptoms. <https://www.reddit.com/r/Herpes/s/DwyUHDsMcB>
2. **r/HSVpositive:** is a supportive non judgmental community for people living with herpes (hsv-1 or hsv-2). <https://www.reddit.com/r/HSVpositive/>
3. **r/HerpesQuestions:** This is a place to ask questions about herpes **RESPECTFULLY**. Please do not post pics asking if something is herpes or not. This is also not a place for depressing posts of despair. This is for information and navigating living with HSV. <https://www.reddit.com/r/HerpesQuestions/>
4. **r/hsvpositivity:** A place to share advice, ask questions or respectfully vent about having HSV. We do not tolerate hate, harassment or adding to stigma. <https://www.reddit.com/r/hsvpositivity/s/diy328qPan>
5. **r/HerpesPositivity:** To combat all the mental distress and pain that HSV1 and HSV2 positive people go through, I created this group. Please post only encouragement, success

stories, and facts that we can all use to promote a healthy mental state. Please no medical questions (consult your doctor). <https://www.reddit.com/r/herpespositivity/>

6. **r/PositiveHerpes**: A place for only positive stories about the herpes virus HSV1 & HSV2 over 73 members. <https://www.reddit.com/r/PositiveHerpes/s/AI8IcNW3KN>
7. **r/Herpes101**: Welcome to non-judgmental and a supportive community for people living with herpes. Sharing some helpful tips and articles here is encouraged. And let's fight herpes stigma together. <https://www.reddit.com/r/herpes101/s/fTigr7wdXO>
8. **r/HerpesCureResearch**: this subreddit is dedicated to information about the cure and other herpes research progress. It is extremely interesting however do not fall down the rabbit hole and hyper focus on the cure. There is no telling if the cure will be successful or will work for both types, or even be available to the public right away. It is definitely interesting to look at but sometimes people will sit around and wait to start dating until the cure comes out that that is not the best tactic. <https://www.reddit.com/r/HerpesCureResearch/>
9. **r/HerpesPics**: this subreddit is NSFW and is basically a place to post a questionable sore. Whether it's to figure out a diagnosis or if something is a razor bump or an outbreak. **WARNING THERE ARE PICTURES OF HERPES HERE.**
<https://www.reddit.com/r/HerpesPics/>
10. **r/HERPES GANG**: Support group run by VeroVenturing tiktok herpes advocate. Herpes gang started on tiktok but we can't talk about a lot of stuff over there we really want to talk about! So let's be open, honest and build one another up! Herpes kisses to you all. Over 50 members. https://www.reddit.com/r/HERPES_GANG/s/gOhfVhx7A0
11. **r/HerpesSupportandHope**: Living with herpes, are you looking for a group to find herpes treatment and learn how to live a normal life? Welcome here, you will never feel alone. <https://www.reddit.com/r/HerpesSupportandHope/s/mi1LuiM4Tk>
12. **r/GHSVtype1**: Over half of all new cases of genital herpes are caused by herpes type 1. Unfortunately data regarding shedding, and transmission to a sexual partner is lacking. Almost all the data out there pertains to herpes type 2 which can effectively be managed by antiviral medication. So this is a safe community for people who are diagnosed with genital herpes type 1 to share their experiences with dealing with the virus and how to effectively deal with symptoms and transmission. 79 members
<https://www.reddit.com/r/GHSVtype1/s/lijxRYygUa>
13. **r/MuslimsWithHSV**: A community for Muslims diagnosed with HSV (herpes simplex virus) to be able to connect and find support from fellow Muslims who are also facing the struggle of having this condition. Herpes is not a topic that you can talk to your friends and family about, especially as Muslims. So, it can be incredibly lonely at times. However, this subreddit, proves that you are not alone and is a place where you can find advice and

support that you need as well as where you can offer it to others.

<https://www.reddit.com/r/MuslimsWithHSV/>

14. **r/HSV California r4r**: This is a community for HSV positive people to find other HSV positive people in California. Make sure you add what you are looking for in your post along with the age range you're looking for and the location. This community is 18+ and it does involve mature topics like people looking for threesomes or BDSM, fair warning. Do NOT come in here and make "is this herpes" posts. Do NOT come in here to promote your onlyfans or anything. https://www.reddit.com/r/HSV_California_r4r/
15. **r/herpesUKgroup**: This community is for people with HSV in the UK. This is a new subreddit that is gaining members!
<https://www.reddit.com/r/herpesUKgroup/s/QNS4KTXmga>
16. **r/PositiveSwingers**: A community for HSV+ swingers to discuss their lifestyle, meet new people and help end the stigma. NSFW
<https://www.reddit.com/r/PositiveSwingers/s/jTPlEz5pxB>
17. **r/Coldsores**: A no-judgment zone for those living with HSV to discuss and give advice about cold sores. <https://www.reddit.com/r/Coldsores/s/uMtz4ZbU8n>
18. **r/HerpesSupportandhope**: Living with herpes? Are you looking for a group to find Herpes treatment and learn how to live a normal life? Welcome here, you will never feel alone.
<https://www.reddit.com/r/HerpesSupportandHope/s/X4WSM1ZU1W>
19. **r/ValtrexOnline**: Valtrex (Valacyclovir) - is used to treat infections caused by certain types of viruses. In children it is used to treat cold sores around the mouth (caused by the herpes simplex virus) and chicken pox. In adults it is used to treat shingles, cold sores and genital herpes. In people with frequent outbreaks, this medication is used to reduce the number of future episodes. <https://www.reddit.com/r/ValtrexOnline/s/JbYxDUzzvJ>
20. **r/hsvantiviralresistant**: for people who do not respond to available hsv-1 /2 drugs and get prodrom/ unusual symptoms: cuts, redness, nerve pain, bumps that come up despite antiviral treatment. <https://www.reddit.com/r/HSVAntiviralResistant/s/nO2BPEYJsQ>
21. **r/PositiveDating**: Like r/4/r but for people with any and all STIs has over 1,000 members.
<https://www.reddit.com/r/PositiveDating/s/FM61ETDFq2>
22. **r/DatingwithHSV**: Here is a place to connect with HSV+ singles. Plenty of people are having issues with disclosing and self-image. Here we are one of a kind. Feel free to post your (age, sex, location, partner preference, ex. 25 M Ohio, seeking F) Please be safe and remember to stay anonymous until you're ready. I'm going to leave this page public and eventually make it private, request only.
<https://www.reddit.com/r/DatingwithHSV/s/6TLvTzL6Hh>

23. r/HSV PNW: This sub is for hs+ ppl located in the PNW looking for advice, support, friends, partners, and more. Non-judgmental and open minded ppl only please and thank you. Washington, Oregon, Idaho, California

https://www.reddit.com/r/HSV_PNW/s/gS7gXouv1

24. r/std: Feeling paranoid about that one night stand? Condom Broke? Got some scary blood results back? Need Help understanding what your labs are saying? Share your stories, concerns and questions here. Anything and everything STD related.

<https://www.reddit.com/r/STD/s/WEgekib9tk>

For support group, friend groups, and all other online herpes forums:

<https://docs.google.com/document/d/1E6uCpRELkldFFqtTcYLkdC-3Zo50O4EEqaXJ-5j2cC8/edit>

If you have any further questions or if any of the source links no longer work you may reach the creator of this document on Instagram at [Bubblieinblu](#) or Reddit at [Mylovelyladylumps69](#).

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