

Support & Dating 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. 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](#)** .

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://sites.google.com/view/social-media-about-herpes/social-medias>

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Discord & Support Groups All Inclusive:

1. **Goosebump Faithful:** The support group I am in is in discord. It has over 2000 members from all over the world. It is super supportive and a safe space to talk about everything herpes related. Info on the group can be found here:
https://docs.google.com/document/d/1rc7tArwGwDQVIPkgBdA_oAW6z3Wm9Iucx-b3hu8Fs/ec/edit
2. **HSV+ Friends:** This support group is for anyone to join but it has subchats for different states, countries and regions to help you connect to others in your area. It's not a dating group but a place to make friends, a support system, and community.
<https://discord.gg/8BrhVE483>

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. **+Energy:** this is a discord group that is geared towards younger individuals. It is brand new and growing! <https://discord.gg/3ff8b8dC>
5. **HSV Positive:** A support space for anyone living with HSV (oral, genital and ocular). You're not alone! What this server is for:
 - Share your story without shame.
 - Ask questions and get real support.
 - Learn about HSV management and eye health.
 - Discuss medication, stress, and lifestyle.
 - Stay updated on HSV cure and vaccine news.We believe in hope, facts and zero stigma. <https://discord.gg/n3hfRBcg>
6. **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/>
7. **Herpes Support Group:** this group is on Telegram which is a messenger app similar to discord or WhatsApp. It is free to download and use. It is a support group with over 150 members all with herpes. <https://t.me/herpessupport>
8. **HSV Buddies:** this is a Facebook group with over 1k members of Facebook is more your style. **Mission Statement:** Hello, everyone! This is a group dedicated to those who have been diagnosed with HSV1 or HSV2. We are here to support each other, answer questions, discuss your concerns, and spread positivity. Bullying and any negative comments will absolutely NOT be tolerated. All posts will be approved by the creator or an admin.
<https://www.facebook.com/groups/161373445918901/?ref=share>
9. **HSV Support Group:** this is another herpes support group on Facebook with over 13 thousand members **Mission Statement:**We are a support group for people with Herpes Simplex Virus (HSV). Currently there is no known cure. 3/4 of the population has HSV in some form. 80% of those with HSV do not know they have it. We want to end the stigma about HSV. We want to find a cure. We are here to support you. We are NOT professionals, and therefore cannot diagnose, prescribe, or give medical advice. We strongly suggest talking to your doctor or other health care professional before starting any treatment.
<https://www.facebook.com/groups/1487313694856032/?ref=share>
10. **Herpes Support Group:**(Same name as above group but a different group) I want to welcome everyone and let them know that they can talk about anything and feel safe about it. Over 12K members.
<https://www.facebook.com/groups/419446731769988/?ref=share&mibextid=S66gvF>

11. **HSV-1 HSV-2:** This is a group for adults with hsv1 or 2, this is a group for HSV people dating other HSV people ONLY people dating non HSVpeople will be removed. This group has over 12K members.
<https://www.facebook.com/groups/2278861642174705/?ref=share&mibextid=S66gvF>
12. **Herpes Virus Support Group With Experts:** This is a support group for people with any type of Herpes Simplex Virus. We are NOT doctors and recommend you talk to your doctor before beginning any herbal supplements. This group is to provide people with information and support. However we do have some nurses and experts who could help answer any questions. Has over 300 members.
<https://www.facebook.com/groups/434437264991526/?ref=share&mibextid=S66gvF>
13. **HSV Life:** A place for people who are HSV positive, and looking for support. You MUST answer the questions or you will not be approved. This group has over 3k members. 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.
<https://www.facebook.com/groups/140649899859050/?ref=share&mibextid=S66gvF>
14. **Living Life After Herpes Support Group:** This is a support group (not dating) for people who are living with herpes simplex 1 and 2 no matter of ones location, sexual preference or age. We are not medical professionals, we are a member-led support group sharing experiences and knowledge about HSV. Over 5K members.
<https://www.facebook.com/groups/194174214052733/?ref=share&mibextid=S66gvF>
15. **Herpes Nutrition & Support Group:** A private support group for folks living with herpes to share valuable information on nutrition and wellness practices to help manage, prevent and heal herpes outbreaks, and to help eliminate the stigma of living with herpes. Has over 2K members.
<https://www.facebook.com/groups/herpesnutritionandsupport/?ref=share&mibextid=S66gvF>
16. **Love Profound- Herpes Support Group:** All are welcome - no matter where in the world you are! This group is for everyone struggling with the shame of a positive STD diagnosis (specifically herpes, but all are welcome). Anyone who is looking for other human beings to communicate with about this new and unexpected experience. Anyone who is looking for peace, freedom and encouragement. We'll chat and snack, laugh, and maybe cry. We'll drink wine, and have meaningful conversations. We'll connect. Love will be present at all times. <https://www.meetup.com/Love-Profound/>
17. **Virtual Herpes Support MeetUp Group:** This group is open to people all over the world!** Before the pandemic we were an in-person group, but now that we are virtually meeting we're able to have people join us from all over! This is a group for people with herpes to meet other people with herpes. Whether you were recently diagnosed, or have been living with herpes for years. I found that when I first contracted herpes it helped to meet and talk about it with other people who have dealt with the same situation. You are not alone. This is a supportive group that will meet twice a month to talk openly and without judgment. All identities and conversations will be kept private. LGBTQ+, all genders and identities are welcome! <https://www.meetup.com/NYC-Herpes-Support-Meetup/>
18. **❤️HSV❤�:** This group was created to end the stigma, networking and event planning. Private group with over 500 members!
<https://www.facebook.com/share/9TjpnD7JL9wVa3bM/?mibextid=K35XfP>

- 19. Hey Cousins:** We are at war with the stigma until the herpes community feels comfortable lol being open about their status and proud of their sexuality! It is run by the Herpes Goddess Shana Singleton this group has over 3K members.
<https://www.facebook.com/groups/herpescouldnever/?ref=share&mibextid=S66gvF>
- 20. Herpes Support Group:** Private group with over 300 members. Herpes Support Group is supporting people with herpes, HPV, and genital warts. If you want to find out more please check out: <https://herpessupportforum.quora.com> or <https://www.facebook.com/share/UZFUJ7tZtRdD3YbB/?mibextid=K35XfP>
- 21. Herpes Anonymous: Public group!** A place to meet and mingle with other people with herpes. This group has over 300 members!
<https://www.facebook.com/share/rALjCtx5L598jia/?mibextid=K35XfP>
- 22. Inspire American Sexual Health Association:** On the inspire app is a safe space for people with all medical conditions to connect to others with the same conditions. Free to sign up and you can choose your display name for anonymity. When you log into the app you have to search for the **American Sexual Health Association**. This support group is for all persons with STIs. There are over 8K members.
<https://www.inspire.com/groups/american-sexual-health-association/?t=1674565852669>
- 23. HSV/Herpes Support Group by ProjectAccept.org:** ****ATTENTION**** To join this group, click on "Join Group" AND answer the questions. Your Request to join will be declined/deleted if you do not thoroughly answer the questions. YOU M-U-S-T THOROUGHLY ANSWER ALL OF THE QUESTIONS!!!! or be declined! This is a forum for those with HSV/Herpes AND the non-H people who care about them. This group is a place to receive support, share stories, post pictures and realize that life goes on. Herpes is just a blip on the radar. We found a need for this type of group to be available for those searching for support and not finding it. This is a CLOSED support group, which means that the group is searchable in the Facebook directories. The membership list is not visible to anyone except other group members. They have to be a member of the group to see the membership and the posts. If you have questions, please feel free to message an administrator.
<https://www.facebook.com/groups/HSVandHerpesSupportbyPA/?ref=share&mibextid=S66gvE>
- 24. HSV/Herpes Relationship Advice Group:** Private group with over 200 members. This group is for people who have HS/Herpes and want to ask relationship related questions to Relationship Coach Caterina Barregar. Caterina has partnered with Project Accept. If you have questions, don't be shy. Ask. If you would know that you need relationship coaching, then please visit our website at www.imaginelifecoaching.ca and book an appointment. Living with HSV/ Herpes doesn't have to be hard. There are 3 questions to be answered before you join this group. If you do not answer, you do not get into the group. It's pretty simple. Welcome to the group
<https://www.facebook.com/share/EwS5xSrksvfxPNWG/?mibextid=K35XfP>
- 25. I Have Genital Herpes:** This is a support group for all with Genital Herpes. Love is still possible for those with Herpes II. Valtrex can help females. I know first hand the horrors of herpes, but it is possible to overcome. This a group for people who refuse to let herpes take over their lives! Over 100 members
<https://www.facebook.com/groups/21839978648/?ref=share&mibextid=S66gvF>

- 26. Private Herpes Support Group: Breaking Through Fear, Shame, & Stigma:** Support group helping people with HSV break through fear, shame, & stigma! If you feel overwhelmed about having herpes, or simply, you're stuck wrestling with the immense stigma that comes with a herpes diagnosis, then you're in the right place! Here, we create brave spaces that fosters growth through productive discomfort. This group will give you the tools to create lifelong transformation through clarity, connection and commitment. We are done with self-doubt and self-sabotage in our careers, relationships, and personal lives, and we are no longer letting fear, shame, and stigma prevent us from reaching our full potential. If you want clarity, direction, purpose, and freedom, come join us! Private group with 1.3K members. <https://m.facebook.com/groups/thestipproject/?ref=share&mibextid=S66gvF>
- 27. HSV-1 HSV-2 Community:** A group for individuals that have HSV to come together as a community. This group is for support and dating. Private group with over 500 members! <https://www.facebook.com/share/4ibqVKGoZhPWPYt1/?mibextid=K35XfP>
- 28. HSV Lounge:** A safe space for people with HSV Private group with over 300 members! <https://www.facebook.com/share/7uBWxM9oJZFqz9LG/?mibextid=K35XfP>
- 29. Meet Me Olivia Hill:** I'm Olivia Hill. I was diagnosed with herpes when I was just 16 years old and I had nobody to turn to now that I am older and more knowledgeable about herpes. I want to spread the word to others and let them know that you can live a normal life with herpes and give people a space that I didn't have. Nice to meet you! This group has a **one time \$5 fee** and is a group with over 150 people. <https://callmealliya.com/products/join-my-support-group-today>
- 30. Herpes HELP!:** A place for support, education, awareness and working towards ending the stigma regarding HSV1 and HSV2. **PUBLIC** group with over 200 members! <https://www.facebook.com/share/N3kzT4BW9BCvPRZ1/?mibextid=K35XfP>
- 31. HSV and Chill:** Yea we have herpes but it's not the end of the world. Come here to joke and laugh and date to get support. Just be respectful!! Private group with over 800 members! <https://www.facebook.com/share/g/14oCi7cGEa/?mibextid=wwXlfr>
- 32. Herpes Cure Research:** Discussing and promoting herpes simplex (HSV) cure research. Our secondary goal is to discuss and promote research about better treatments and vaccines for HSV. With technologies fast evolving, the means to a cure or functionally cure HSV are now in the process of being perfected. Join our group to get the latest news and updates. Private group with 4.8K members **Warning this group tends to be hyperfocused on the cure alone. They are not super positive or supportive in learning how to live a positive life with herpes. So join with caution.** <https://m.facebook.com/groups/herpescureresearch/?ref=share&mibextid=S66gvF>
- 33. Living With Herpes:** This is a support group, treat it as such... Please take the time to read the rules! Private group with over 185 members. <https://www.facebook.com/share/g/14peb9yde1z/?mibextid=wwXlfr>
- 34. Herpes Support Group Near Me:** Private group with almost 100 members. Herpes support is a private group on Facebook. Join in to talk for free. Also you can visit <https://www.herpessupport.org> (it is run by positive singles) to use our herpes chat room and meet verified members. It is your safe home without discrimination and judgment! We hope everyone can find love and support here! <https://www.facebook.com/share/nEkaonGcXbnrgx6Q/?mibextid=K35XfP>

35. Is it herpes? HSV Symptoms & Help: Private group with over 60 members. A safe space to seek help and ask questions about your symptoms.

<https://www.facebook.com/share/YGPsYdnW5EhrHchS/?mibextid=K35XfP>

Groups In Other Languages:

Spanish:

1. **Comunidad De Ayuda HSV (Herpes):** Este grupo es para personas que están viviendo actualmente herpes simple 1 y 2. No responder las preguntas de bienvenida, te negaran el acceso al grupo. Este es un grupo privado en Facebook, así que nadie que no pertenezca aquí puede postear información. Nadie que no sea miembro puede leer algo de este grupo hasta que sea añadido por los administradores y/o moderadores. La publicidad está prohibida. Es un grupo 100% de apoyo por lo tanto se respetuoso o serás bloqueado. Sobre 2K miembros.
<https://www.facebook.com/groups/625000974655859/?ref=share&mibextid=S66gvF>
2. **Grupo De Ayuda:** NADA DE VENTAS NI ESTAFAS SOLO ES UN Grupo dirigido a todas las personas que padecen HSV, y necesitan ayuda. NADA DE INSULTOS SIEMPRE CON RESPETO. Se sacará a aquel que discrimine, ataque y o moleste a los demás compañeros en el grupo. En este grupo no se promueve el uso de pseudociencia. Grupo destinado a todas las personas que sufren de HSV, que precisan de ayuda. Group aimed at all people who suffer from HSV, and need help. Al entrar pregunta por la información que ya se tiene y las encuestas! <https://chat.whatsapp.com/EmrSsVs19tu8fL36P8A1IW>
3. **Herpes Virus 1 Y 2 Grupo De Apoyo:** Grupo de apoyo para enfrentar el virus. Grupo privado con más de 2.000 miembros.
<https://www.facebook.com/share/g/16DucVCC8S/?mibextid=wwXlfr>
4. **Herpes Grupo De Apoyo:** Como su nombre lo indica, es un grupo de apoyo para personas con herpes Grupo privado con más de mil cientos de miembros.
<https://www.facebook.com/share/g/1P8iFMiECz/?mibextid=wwXlfr>
5. **HSV (Herpes) Grupo De Apoyo:** Este grupo es para que las personas con este problema puedan hablar y pedir consejos acerca de experiencias y conocer gente que pueda brindar más conocimiento y experiencias acerca de cómo llevan sus vidas y porque no conocer gente con el mismo padecimiento y apoyarse mutuamente. **Grupo público** con más de cien miembros.
<https://www.facebook.com/groups/300190690174974/?ref=share&mibextid=S66gvF>
6. **Herpes Genital En México:** Este es un grupo público de Facebook para personas con herpes. Tiene más de 3 mil miembros.
<https://www.facebook.com/share/g/17MkWDJkFX/?mibextid=wwXlfr>
7. **HSV Español:** Este grupo está en Telegram, que es una aplicación de mensajería similar a Discord o WhatsApp. Su descarga y uso es gratuito. Es un grupo de apoyo con más de 95 miembros, todos con herpes. <https://t.me/hsvespanol>
8. **FiNDER HSV-1/2** ¡Bienvenido! Este es un grupo de apoyo para personas con HSV, en el que podrás conocer gente. Siempre con respeto.* reglas: poner foto real de ti o si no quieres no hay problema. Si necesitas apoyo en español, o quieres conocer gente con hsv te invito a mi

pequeño grupo de telegram para que conozcan gente con HSV. Siempre con respeto UuU
<https://t.me/+shkgowHbfRxIOTBh>

9. **Curar Herpes Genital:** Este grupo ha sido creado para expresar experiencias personales que se han tenido con la enfermedad del herpes, para abrir caminos que lleven a sentirse mejor, recibir y dar ayuda a todo el que lo necesite y quiera. Importante para toda persona que desee unirse, tiene que aceptar y responder las preguntas que se hacen, de faltar una respuesta o no aceptar las reglas, simplemente no pueden ser aceptados, este es un grupo serio y de respeto entre todos sus miembros. Grupo privado con más de setecientos miembros. <https://www.facebook.com/share/g/19zFX7A3kE/?mibextid=wwXlfr>
10. **Comunidad de Apoyo Herpes Colombia:** Hola y bienvenidos, en Colombia no es muy común que encontremos grupos de apoyo para personas con enfermedad de transmisión sexual, así que me he tomado el tiempo para que todos se sientan cómodos de contar sus historias, de pedir sugerencias y que comportan el grupo con más personas para que la comunidad crezca y recuerda, no estamos solos, tener herpes no es algo para sentirnos menos o más, siempre encontraremos apoyo en nuestras familias o amigos, ánimo, y bienvenidos nuevamente.
<https://www.facebook.com/share/g/RJjVmV8yQPCzxPva/?mibextid=K35XfP>
11. **Herpes Zoster Argentina:** puedes compartir tu experiencia, síntomas, tratamientos, que pueda ayudar a las personas que sufren esta enfermedad.
<https://www.facebook.com/share/g/1BDkoHqtUs/?mibextid=wwXlfr>
12. **Herpes Tratamiento Y Apoyo:** Grupo exclusivo para información sobre herpes. Compartir remedios, experiencias, investigaciones científicas, remedios naturales - alternativos y apoyarnos. IMPORTANTE SE PROHÍBE LAS ESTAFAS. Grupo privado con más de cien miembros. <https://www.facebook.com/share/g/12K4Bpf43Fi/?mibextid=wwXlfr>
13. **r/HerpesEspañol:** Este reddit es para personas con herpes que hablan español. Es un grupo pequeño y muy nuevo. <https://www.reddit.com/r/HerpesEspanol/s/xleB1ZkyZN>
14. **r/HerpesBrasil:** Um lugar de apoio, suporte e informações para pessoas vivendo com HSV no Brasil. <https://www.reddit.com/r/HerpesBrasil/s/OOEgePb045>

French:

BIENVENUE au groupe de soutien virtuel pour l'herpès!: Je m'appelle Nellie et j'ai l'herpès génital de type 2 depuis maintenant 5 ans. J'avais envie de créer une communauté virtuelle de gens qui, comme moi, vivent avec l'herpès. Très peu de bonnes informations sont disponibles en ligne alors je vais en partager sur cette page. Groupe privé 500 membres.
<https://m.facebook.com/groups/711878166524280/?ref=share&mibextid=S66gvF>

German:

Herpes Simplex - Diskussionen, Fragen und Antworten, Ratschläge, Tipps >: private Gruppe mit über hundert Mitgliedern
<https://www.facebook.com/share/g/L88TjruAPMQ3v83V/?mibextid=K35XfP>

Malaysia (Malay):

Herpes H+ Malaysia: Tujuan kumpulan ini ditubuhkan adalah untuk menyatukan rakyat yang senasib dengan HSV1 dan HSV2 di seluruh Malaysia. Hentikan stigma dan bangkit bersama

supaya anda tahu bahawa anda tidak keseorangan dalam menempuh ujian hidup ini. Marilah kita bersatu dan berkongsi pengalaman serta ilmu perubatan (jika ada) dalam group ini. Penghidap Malaysia amat dialu-alukan, kumpulan ini adalah untuk anda. Jangan malu, ini hanya H+ yang sensitif dengan anda untuk anda meluahkan segalanya. Hidup mesti diteruskan, kesedihan yang berterusan bukanlah penyelesaian kepada masalah. Selamat datang kepada ahli baharu :) **Kumpulan awam dengan lebih 200 ahli.**

<https://www.facebook.com/share/g/171spdzySW/?mibextid=wwXlfr>

Women's Support Groups:

1. **Herpes Support Group Women and Femmes Only:** Support group for women and femme-presenting folks who have HSV. This group has over 10k members.
<https://www.facebook.com/groups/181858403127576/?ref=share>
2. **Female H+ Support:** A group for females only. A safe place to speak about "H" with no judgment, only encouragement. Private group with over 2.6k members.
<https://m.facebook.com/groups/659950508096707/?ref=share&mibextid=S66gvF>
3. **Hope and Healing for Women with Herpes:** Private group with over 100 members. This is a group for women who feel hopeless or fearful that have been diagnosed with Herpes. This is for anyone who are wanting answers on how to better manage life with Herpes, who wants to learn how to treat and prevent outbreaks, who wants to learn how to date or be in a serious relationship living with Herpes, and want encouragement for the day to day moments with Herpes. I am a RN who has had Herpes for twenty years and have been with my husband during that time. I know how to have a wonderful life living with Herpes and will be sharing all my tips and tricks that have helped me along the way. This is a private group so non-members can not see what is in this group so feel free to ask me questions in this group.
<https://www.facebook.com/share/2SQsKmpKjmr6vqz/?mibextid=K35XfP>
4. **Let's Talk Women's Health: HPV, HSV, & Beyond:** Welcome to Let's Talk About Women's Health! This is a safe, supportive, and non-judgemental space dedicated to open discussions about women's health, including herpes (HSV), Human Papillomavirus (HPV), sexually transmitted diseases (STDs), and other related topics. Our goal is to create a compassionate community where you can:
 - Share your experiences.
 - Find support and accurate information.
 - Connect with others navigating similar challenges.This group values privacy, respect and understanding. Judgement has no place here - just empathy and empowerment. Let's learn, support and grow together. Private group with over 700 members!
<https://www.facebook.com/share/g/1YRQEC5cFL/?mibextid=wwXlfr>
5. **Herpes Support for Black and Woman of Color:** Are you newly diagnosed and struggling to come to terms with it? You may be navigating your 20's or flourishing your 40's, either way the stigma herpes has on our Black and Brown communities can cause a major disruption in a person's life. This group is for Black and POC who feel alone and are struggling to come to terms with their diagnosis. We're all in this together. Ask questions, post photo dumps, share heaux tales, share positive disclosures & you just simply navigate life with HSV. Let's show

the ladies that you can still enjoy a beautiful life with your diagnosis.

<https://www.facebook.com/share/cNkg24qUWXEuZE1g/?mibextid=K35XfP>

6. **STL Men Who Has Herpes:** This group is for **WOMEN** because these men are passing around herpes. Private group with over 800 members.
<https://www.facebook.com/share/jWU2YPZG5Djo8J4A/?mibextid=K35XfP>
7. **Hey Girl, Is This Your Man? HSV Edition:** This group is here to help keep women who are HSV+ from falling into a two-faced toxic relationship with men. This is not a city specific group, meaning you are welcome as long as you are HSV+. I know a lot of us date off PS or HSV+ specific fb groups and may date long distance trying to find our "one". Due to this and because our community is much smaller, this group is a valuable resource for confirming we are not all dating the same man in this smaller population of men. This group will also be a safe space to share if you had an abusive or an unsafe experience with an HSV+ man.
<https://www.facebook.com/share/g/HFU7hAaMzAxAr8wG/?mibextid=K35XfP>
8. **Yoni Nutritionist HSV Support Community:** A support group for people with vaginas. Being a part of a community of other HSV+ people is one of the best ways to feel supported, seen, heard, and understood when you are navigating the never-ending journey that comes with a herpes diagnosis, and feeling confident in yourself again. **YOU ARE NOT ALONE!** Adrienne has had herpes for over 20 years and has been supporting HSV+ people for the past 5 years in her work as the Yoni Nutritionist, and if there is anyone you can trust to guide you on your journey of living with herpes, it's her! **This group costs \$19.99 a month.**
<https://yoni-nutrition.teachable.com/p/yon-nutritionist-hsv-support-community>

Men's Support Groups:

1. **Men's Group:** This is a group specifically for men. It has licensed therapists and life coaches so it unfortunately is not free. **Monthly membership starts at \$29 a month** and there are individual coaching and therapy options. The group includes zoom meetings, weekly events, discussion forums, topic- specific zooms.
https://community.mensgroup.com/sign_up?from=https%3A%2F%2Fcommunity.mensgroup.com%2F
2. **Courtney Brame Men's Group:** Founder of Something Positive for Positive people (Herpes Podcast) runs men's groups and events throughout the year. To check for the next event check his instagram <https://www.instagram.com/courtneybrame?igsh=enpieHkwcjhlOXY1>

Age Specific Support Groups:

1. **HSV Young 18-25:** This group is for HSV positive young people, gays, and straights, included to talk and vent about their problems. Private group
<https://www.facebook.com/groups/752640280125628/>

POC Support Groups:

1. **BLK:** Brand new group on Telegram (a free messenger app) This group is specifically for black people looking to meet and connect with others who have herpes. This group is a way to build community and help each other out! <https://t.me/+jmzqX6MpWCY5NDYx>

2. **Black Pride / Black Love LGBTQ with HSV:** Black Pride 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. <https://www.facebook.com/share/g/Y9285JUS7VJaegHw/?mibextid=K35XfP>
3. **Goosebump Faithful:** The support group I am in is in discord. It has over 2000 members from all over the world. It is super supportive and a safe space to talk about everything herpes related. Though this group is for everyone there is a specific subchat for POC and Black members to meet people in those communities. Info on the group can be found here: https://docs.google.com/document/d/1rc7tArwGwDQVIPkgBdA_oAW6z3Wm9lucx-b3hu8Fse/c/edi
4. **Herpes Support for Black and Woman of Color:** Are you newly diagnosed and struggling to come to terms with it? You may be navigating your 20's or flourishing your 40's, either way the stigma herpes has on our Black and Brown communities can cause a major disruption in a person's life. This group is for Black and POC who feel alone and are struggling to come to terms with their diagnosis. We're all in this together. Ask questions, post photo dumps, share heaux tales, share positive disclosures & you just simply navigate life with HSV. Let's show the ladies that you can still enjoy a beautiful life with your diagnosis. <https://www.facebook.com/share/cNkg24qUWXEuZE1g/?mibextid=K35XfP>
5. **Niggas With HSV:** Welcome my black brothers and sisters Private group with over 100n members. <https://www.facebook.com/share/g/1Be1RMhQmQ/?mibextid=wwXlfr>
6. **r/BlackHSVSupport:** HSV support group dedicated to Black people! <https://www.reddit.com/r/BlackHSVSupportGroup/s/T6ae9HU7ll>

LGBTQIA+ Support Groups:

1. **LGBTQ+ HSV - Herpes Positive Support Group:** This group is being created for LGBTQ+ men and women who have been infected with the Herpes Simplex Virus. I would really like to have this group grow and become something more than me. We are all here to support one another. One way or another we have Herpes, but we are still alive, we are still human and we are still worthy! <https://www.facebook.com/groups/1072029479673473/?ref=share>
2. **Club HSV Fun Party LGBTQ+ USA:** Lesbian, Gay, Bisexual, Transgender, Queer who are HSV-1 and or HSV2. Support group with over 50 members. <https://www.facebook.com/groups/558462995715218/?ref=share&mibextid=S66gvF>
3. **LGBT/HSV+ SafeHouse:** This is a safe place for hs+ people who are in the lgbt community. Absolutely no judging, bullying, attacking or any hatred allowed here. Find your tribe or your lover. <https://www.facebook.com/share/g/nh1T4QyTY9xfdEjV/?mibextid=K35XfP>

Religious Support Groups:

1. **Positive Muslims International:** Positive Muslims is a support group first and foremost. This group is also formed as a medium for Muslim men and women to meet who have the challenge of herpes HSV 1, HSV 2, HPV, HIV/AIDS, Hepatitis C and other sexually transmitted diseases. Whom Allah loves most He tests the most. YOU ARE NOT ALONE and marriage is possible. Private group. <https://m.facebook.com/groups/259419694072688/?ref=share&mibextid=S66gvF>

2. **Muslims With HSV Discord:** We're so glad you've joined us here. This is a safe, respectful, and understanding space for Muslims managing life with HSV. Here, you'll find support, friendship, and a community that understands what you're going through.
<https://discord.com/invite/E54MEGbNZB>
3. **Christian HSV Support Group:** Private Christian based group with HSV you are loved. You can share your feelings, and your thoughts here without any judgment. We are called to love one another as Jesus instructs us to do so. Please remember to be kind to one another and be mindful about the information you share with others. No judgment, no hatred. Has over 1K members.
<https://www.facebook.com/groups/2569109760010663/?ref=share&mibextid=S66gvF>

Mom's / Pregnancy Support Groups:

1. **Moms/Expecting Moms HSV Support:** This group is for mothers and expecting mothers with HSV to come together to support each other. We are not alone, and I'm hoping a group will help all of us not be so ashamed of the virus that lives inside of us. Please use this group for any questions, advice, or rants you have.
<https://m.facebook.com/groups/2123849074577534/?ref=share&mibextid=S66gvF>
2. **Herpes (HSV1 & HSV2) in Pregnancy/Birth/Neonates Support:** HSV 1 & 2 infections are extremely common in the general population, but are not often talked about. Over 70% of the general population have it, but a much smaller percent have symptoms, or even a diagnosis. In pregnancy, birth and the first months, HSV 1 & 2 can be a risk to the baby (though small). This group is for women who have HSV 1 & 2 (whether genital or oral) and are dealing with it during pregnancy, birth and the first few months. This group is a place to share and ask advice, be supportive, and be empathetic to each woman's circumstance :). Has over 400 members.
<https://www.facebook.com/groups/1016399735467866/?ref=share&mibextid=S66gvF>

Herpes Location Support Groups:

1. **Cold Sore Support And Management:** Any suggestion given is in no way medical advice. We are not physicians. This is a support group for the purpose of supporting each other. If you are sick or in an emergency, please consult your physician or call 911 and go to the ER. Private group with 7.7K members.
<https://www.facebook.com/share/g/14u8Vs16wp/?mibextid=wwXlfr>
2. **Cold Sore / Fever Blister Support:** We are a support group for members to share tips and ideas on how to deal with cold sores. Please be kind and supportive. We do not allow spam or self-promotion. Private group with 4.9K members.
<https://www.facebook.com/share/g/168wsSUev4/?mibextid=wwXlfr>
3. **Eye Herpes:** This group was created to maximize the effort of the people affected with Ocular Herpes all around the world to fight the condition with all available resources, tools, medications, advice, lifestyle changes or anything else that can contribute. It is very important that we bring different experiences in treating this condition from all around the world to one place to fight Ocular Herpes in the most successful way for each and every individual affected. Private group with over 100 members.
<https://m.facebook.com/groups/622107748297638/?ref=share&mibextid=S66gvF>

4. **Herpes Encephalitis Support Group:** A support group with family, children or themselves who have had herpes encephalitis. For sharing stories and discussion. Private group with over 300 members.
<https://m.facebook.com/groups/276492189109398/?ref=share&mibextid=S66gvF>

Location Based Support Groups:

United States

1. **Local Herpes Support Groups America:** this site has a list of local herpes support groups by state. The list seems to have been updated in 2023 so it should be current. Not all states have support groups as of this time but contact your local planned parenthood or clinic to see if there is a support group in your area.
<https://www.herpessupportgroups.com/post/local-herpes-support-groups-in-your-area>
2. **HSV+ Friends:** This support group is for anyone to join but it has subchats for different states, countries and regions to help you connect to others in your area. It's not a dating group but a place to make friends, a support system, and community.
<https://discord.gg/8BrhVE483C>
3. **Herpes Support Group (Virtual PA & NJ):** Do you or your partner have genital herpes? Are you worried about the emotional, physical and sexual impact of herpes? Do you feel tainted, afraid or alone? Please join us for an informative, supportive and confidential genital herpes group. Help with herpes provides a safe environment in which you can discuss how herpes is impacting your life, meet people who know just what you are going through, learn tips and techniques about managing herpes and get the support and guidance as you adjust to living with herpes. Remember you are not alone. **Support group fees:** Enrollment: \$25, Support Groups: \$20 per session, Therapy Groups: \$50 per session.
<https://www.thecenterforgrowth.com/support-groups>
4. **r/HSVnewengland:** A place for those who are living with HSV in New England to mingle.
https://www.reddit.com/r/HSVnewengland/?utm_source=share&utm_medium=ios_app&utm_name=ioscss&utm_content=1&utm_term=1

By State (Alphabetical Order)

1. **Alaska HSV Dating & Awareness:** a very small group for Alakans living with HSV-1 & 2. Please help join and grow a much needed community. Private group.
<https://www.facebook.com/share/g/17Hg7erHd5/?mibextid=wwXlfr>
2. **Herpes Support in Arkansas (HSV-1 & HSV-2):** public group with 16 members seems pretty new.
<https://www.facebook.com/groups/2066639330222405/?ref=share&mibextid=S66gvF>
3. **HSV Dating in Florida:** Private group for people living with HSV 1-2 that live in Florida, USA. This is a dating app first but we can also act as a support group for people that want to chat or need advice living with HSV. Private group with over 300 members.
<https://www.facebook.com/share/g/16Ntj2r1Nd/?mibextid=wwXlfr>

4. **Kansas City HSV Support & Social Group:** HSV support and social group for the Kansas City LGBTQ+ community. Brand New group
<https://www.facebook.com/groups/649264740033516/?ref=share&mibextid=S66gvF>
5. **Herpes Awareness / Support Group (MA):** We are here to support each other and spread awareness about HSV. HSV isn't as bad as people may think. Everyone needs the support and the love especially from people who are understanding because they are going through the same stuff. Please be kind and respectful. The main focus of this group is in the Massachusetts area but you may also join if you are from elsewhere. 15 members so far.
<https://www.facebook.com/groups/705496957112640/?ref=share&mibextid=S66gvF>
6. **Living With Herpes Western MA:** Small group created by a couple living with herpes. You are not alone and we are here for you all. We will support you through the rough times and the good times and will show you that herpes doesn't define who you are.
<https://www.facebook.com/groups/505241740589366/?ref=share&mibextid=S66gvF>
7. **Herpes Support Group - Raleigh NC:** Knowing you aren't alone is a part of healing. Having herpes doesn't define you. This group is for people to share their stories, thoughts, concerns, knowledge, resources etc. Has over 60 members.
<https://www.facebook.com/groups/2213713238911063/?ref=share&mibextid=S66gvF>
8. **Pennsylvania Herpes Support Group:** We are all here to support each other. There will be no bullying or bad mouthing tolerated. We need to build each other up. I am hoping to build a strong group so that we can start doing a once a month or so actual meet up. It helps to have friends that understand what you are going through. Private group with over 60 members.
<https://www.facebook.com/groups/2667908549894038/?ref=share&mibextid=S66gvF>
9. **South Carolina HSV Support Group:** This group is for people with HSV and HPV who live in SC. This is a private forum so nobody in the FB community can see any information posted here. Has over 15 members.
<https://www.facebook.com/groups/179465802946348/?ref=share&mibextid=S66gvF>
10. **Concho Valley (TX) HSV Herpes Social Support Group:** This is a group I would like for us to build upon to make friends, have a safe place for us that HSV too enjoy. I would love for us to invite others to this group in our area so we can start a social group. I hope this group can get together for bowling, dancing, drinks, BBQs, game nights and other events. This is not a sexual group. Manners are very important and treating others with respect here is imperative.
<https://m.facebook.com/groups/418897030393188/?ref=share&mibextid=S66gvF>

Around The World

(Alphabetical Order)

1. **African Herpes Support Group (Must Live in Africa):** African Herpes Support Group is a private group for people living with HSV. This group offers support, encouragement, comfort, advice, information, understanding, and sharing of personal experiences in a non-judgmental atmosphere. This is not a medical group of professionals; we are a member led support group consisting of people sharing their experiences and knowledge of HSV.
<https://www.facebook.com/share/xEL6eTDBfr9aboCE/?mibextid=K35XfP>

2. **Herpes Zoster Argentina:** puedes compartir tu experiencia, síntomas, tratamientos, que pueda ayudar a las personas que sufren esta enfermedad.
<https://www.facebook.com/share/g/1BDkoHqtUs/?mibextid=wwXlfr>
3. **Australia: Tingles:** Herpes Australia Dating And Support This group is for Australians with herpes that are looking for support and would like to find people to date. We can also help you find the hidden Herpes community and introduce you to groups that have meetups. If you're interested in moving to Oz or you'd like to visit us down under you're more than welcome to join the group! Over 800 members
<https://www.facebook.com/groups/HerpesDatingAndSupportAustralia/?ref=share&mibextid=S66gvF>
4. **Australia: 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>
5. **Herpes Australia Dating & Support:** This group is for Australians with herpes that are looking for support and would like to find people to date. We can also help you find the hidden Herpes community and introduce you to groups that have meetups. If you're interested in moving to Oz or you'd like to visit us down under you're more than welcome to join the group.
<https://www.facebook.com/groups/HerpesDatingAndSupportAustralia/?ref=share>
6. **HSV Canada:** This private group is a judgment-free zone for people in Toronto or any part of Canada living with or dating someone with HSV. Share your experiences, get advice, and connect with others who understand what you're going through.
<https://www.facebook.com/share/g/1AkQBmxx2S/?mibextid=wwXlfr>
7. **Comunidad de Apoyo Herpes Colombia:** Hola y bienvenidos, en Colombia no es muy común que encontremos grupos de apoyo para personas con enfermedad de transmisión sexual, así que me he tomado el tiempo para que todos se sientan cómodos de contar sus historias, de pedir sugerencias y que comportan el grupo con más personas para que la comunidad crezca y recuerda, no estamos solos, tener herpes no es algo para sentirnos menos o más, siempre encontraremos apoyo en nuestras familias o amigos, ánimo, y bienvenidos nuevamente.
<https://www.facebook.com/share/g/RJjVmV8yQPCzxPva/?mibextid=K35XfP>
8. **HSV Support India:** this group is for people with both HSV-1 and HSV-2 living in India. It is on Telegram which is a messenger app similar to discord or WhatsApp. It is free to download and use. <https://t.me/indiahsv>
9. **Herpes H+ Malaysia:** Tujuan kumpulan ini ditubuhkan adalah untuk menyatukan rakyat yang senasib dengan HSV1 dan HSV2 di seluruh Malaysia. Hentikan stigma dan bangkit bersama supaya anda tahu bahawa anda tidak keseorangan dalam menempuh ujian hidup ini. Marilah kita bersatu dan berkongsi pengalaman serta ilmu perubatan (jika ada) dalam group ini. Penghidap Malaysia amat dialu-alukan, kumpulan ini adalah untuk anda. Jangan

malu, ini hanya H+ yang sensitif dengan anda untuk anda meluahkan segalanya. Hidup mesti diteruskan, kesedihan yang berterusan bukanlah penyelesaian kepada masalah. Selamat datang kepada ahli baharu :) **Kumpulan awam dengan lebih 200 ahli.**
<https://www.facebook.com/share/g/171spdzySW/?mibextid=wwXlfr>

10. **Herpes Genital En México:** Este es un grupo público de Facebook para personas con herpes. Tiene más de 3 mil miembros.
<https://www.facebook.com/share/g/17MkWDJkFX/?mibextid=wwXlfr>
11. **Herpes Support New Zealand:** Private Support group for those diagnosed with hsv-1 & 2 group has 20 members
<https://www.facebook.com/groups/3039668372986129/?ref=share&mibextid=S66gvF>
12. **Philippines Herpes Support Group:** Our past may shape us, but it doesn't define who we become. Private facebook group with over 800 members.
<https://m.facebook.com/groups/430703253944644/?ref=share&mibextid=S66gvF>
13. **Herpes Support UK:** Hi. I've set this group up the same week I've been diagnosed. I'm still in shock. I'm a 55- year-old counselor who wasn't expecting this! I've been surprised to see that a lot of the support groups are based in America. I thought it would be nice for us to have our own in the UK. Primarily because everytime I see somebody recommend something that helps, it's only available in America. This really is all about support and helping over 1000 members!
<https://www.facebook.com/groups/678841182501973/?ref=share&mibextid=S66gvF>
14. **UK H Group:** this group is on discord and is for people with herpes in the United Kingdom. An invite link can be found here <https://discord.gg/NnqE2tdNF9> and if there is an issue with the invitation link please contact [u/pink-sugacane](https://www.reddit.com/u/pink-sugacane) on Reddit for group access.
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>

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 / Myloveleyladylumps69):** while Lauren does not offer phone calls she does offer **free** 1-on-1 messaging support on Instagram: [Bubblieinblu](#), Reddit: [Myloveleyladylumps69](#), 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.thestipproject.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.herpesopportunity.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.herpesconsulting.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>

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>

Professional Help:

Support groups are a useful tool for helping you heal however therapy with a professional therapist is one of the best ways to heal and cope with a herpes diagnosis. Therapy is a very important tool for any life changing event including a medical diagnosis of any kind. Therapy is especially helpful for medical diagnoses that are like herpes incurable and seem life altering. Getting a diagnosis like herpes can help you discover things about how you see yourself and how you measure your self-worth and these are big heavy topics that you could benefit from consulting with a licensed professional. Many people (myself included) measure their self-worth to the ability to find a romantic or sexual partner and getting diagnosed with herpes can make it feel like a daunting or even impossible task to ever be loved again. Society has also placed a heavy stigma on STIs that can make you see yourself as “disgusting” or “dirty” which is not true. Once you are able to accept the diagnosis in yourself it will make everything so much easier. It is much harder to cope, date, disclose etc. when you are also fighting the internalized stigma. You also can fall victim to relying on outside validation in order to feel good about yourself. When you do not accept your own herpes status, if someone else accepts you (your partner) you will only feel good about yourself when around the other person. This happened in my own personal experience where whenever I was in a relationship I did not care that I had herpes but anytime I was single I went back to being depressed about my status. This was because I did not accept myself and was relying on a partner to make me feel good about myself. Therapy helps you work through these feelings and will help you have healthy coping mechanisms to get you to a point of self acceptance.

For Help Finding a Therapist With Insurance:

- <https://book.zocdoc.com/get-started/doctors/therapists>
- <https://www.findoctave.com/>

- <https://growththerapy.com/start/find-therapist-social/>

For Help Finding a Therapist Without Insurance:

- <https://www.betterhelp.com/get-started>
- <https://www.online-therapy.com/>
- <https://cerebral.com/>

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

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