



Resource List

1. Digital Communities & Safety (The "Digital Streets")

These platforms are primary locations for LGBTQ+ and Kink community building. Clinicians should familiarize themselves with these to increase cultural literacy.

FetLife (fetlife.com)

- **What it is:** The "Facebook of Kink." It is a social network, not primarily a dating app.
- **Clinical Use:** Essential for clients to find local "Munches" (non-sexual social meetups), vet potential partners through community references, and access safety forums.

Lex (thisislex.app)

- **What it is:** A text-centered social app for queer, trans, gender non-conforming, and two-spirit people.
- **Clinical Use:** A lower-stimulation, community-focused alternative to image-heavy swipe apps; excellent for finding platonic queer community.

Feeld (feeld.co)

- **What it is:** A dating app designed for ethical non-monogamy and kinky dynamics (singles and couples).
- **Clinical Use:** Often safer for clients disclosing non-normative desires than mainstream apps like Tinder/Bumble due to explicit consent features.

Reddit (reddit.com/r/polyamory, etc.)

- **What it is:** A vast network of pseudonymous, topic-specific forums ("subreddits") for advice, debate, and community support.
- **Clinical Use:** The "Hive Mind." Essential for clients to reality-test relationship norms (e.g., "Is this veto rule fair?") or find peer support for specific medical transitions (e.g., r/Trans Surgeries) without "outing" themselves.

Taimi (taimi.com)

- **What it is:** A hybrid "social network" and dating app with robust gender identity customization (trans/non-binary inclusive) and social feed features.
- **Clinical Use:** Often the safest entry point for trans and non-binary clients due to "stealth modes" and strict moderation that reduces the harassment found on other apps.

Grindr (grindr.com)

- **What it is:** The largest location-based "grid" app for gay, bi, trans, and queer people. Primarily high-velocity and used for immediate connection ("hookups").
- **Clinical Use:** Assessing "Notification Regulation." Because it is high-dopamine and fast-paced, it is a key site for discussing impulse control, body image resilience, and "chemsex risk reduction."



Resource List

2. Legal & Political Advocacy

Crucial for clients navigating custody battles, discrimination, or healthcare access issues.

National Coalition for Sexual Freedom (NCSF) (ncsfreedom.org)

- **Key Resource: Kink Aware Professionals (KAP) Directory.** A listing of kink-knowledgeable medical, legal, and mental health professionals.
- **Key Resource: The Consent Counts Project.** Legislative advocacy to exclude consensual kink from assault statutes.

Campaign for Southern Equality (southernequality.org)

- **Key Resource: Trans in the South Guide.** An excellent directory of trans-affirming health and legal service providers across the Southern US.
- **Clinical Use:** Vital for connecting clients in TN/VA to safe HRT providers and legal name change assistance.

Polyamory Legal Advocacy Coalition (PLAC) (polyamorylegal.org)

- **Clinical Use:** Provides resources on multi-partner domestic partnership ordinances and legal protections for non-nuclear families.

Lambda Legal (lambdalegal.org)

- **Clinical Use:** Essential for clients facing discrimination. Provides a legal "Help Desk" for specific inquiries regarding workplace rights, housing denial, and healthcare access (specifically HIV+ and Trans rights).

3. Clinical Education & Best Practices

For therapists seeking further training or consultation.

WPATH (World Professional Association for Transgender Health) (wpath.org)

- **Key Resource: Standards of Care (SOC) Version 8.** The gold standard for gender-affirming healthcare and surgical letters.

The Affirmative Couch (affirmativecouch.com)

- **Clinical Use:** Offers specific CEU trainings on kink, CNM, and sex therapy for generalist clinicians.

Polysecure (Jessica Fern) (jessicafern.com)

- **Clinical Use:** The "HEARTS" model of attachment in non-monogamy. Excellent worksheets and diagrams for client sessions.

4. Crisis & Immediate Support

Trans Lifeline (translifeline.org)

- **Phone:** 877-565-8860
- **Why:** Run by and for trans people. No non-consensual active rescue (they will not call police without consent), making it safer for clients with medical trauma.

The Trevor Project (thetrevorproject.org)

- **Focus:** Crisis intervention and suicide prevention for LGBTQ+ youth (under 25).