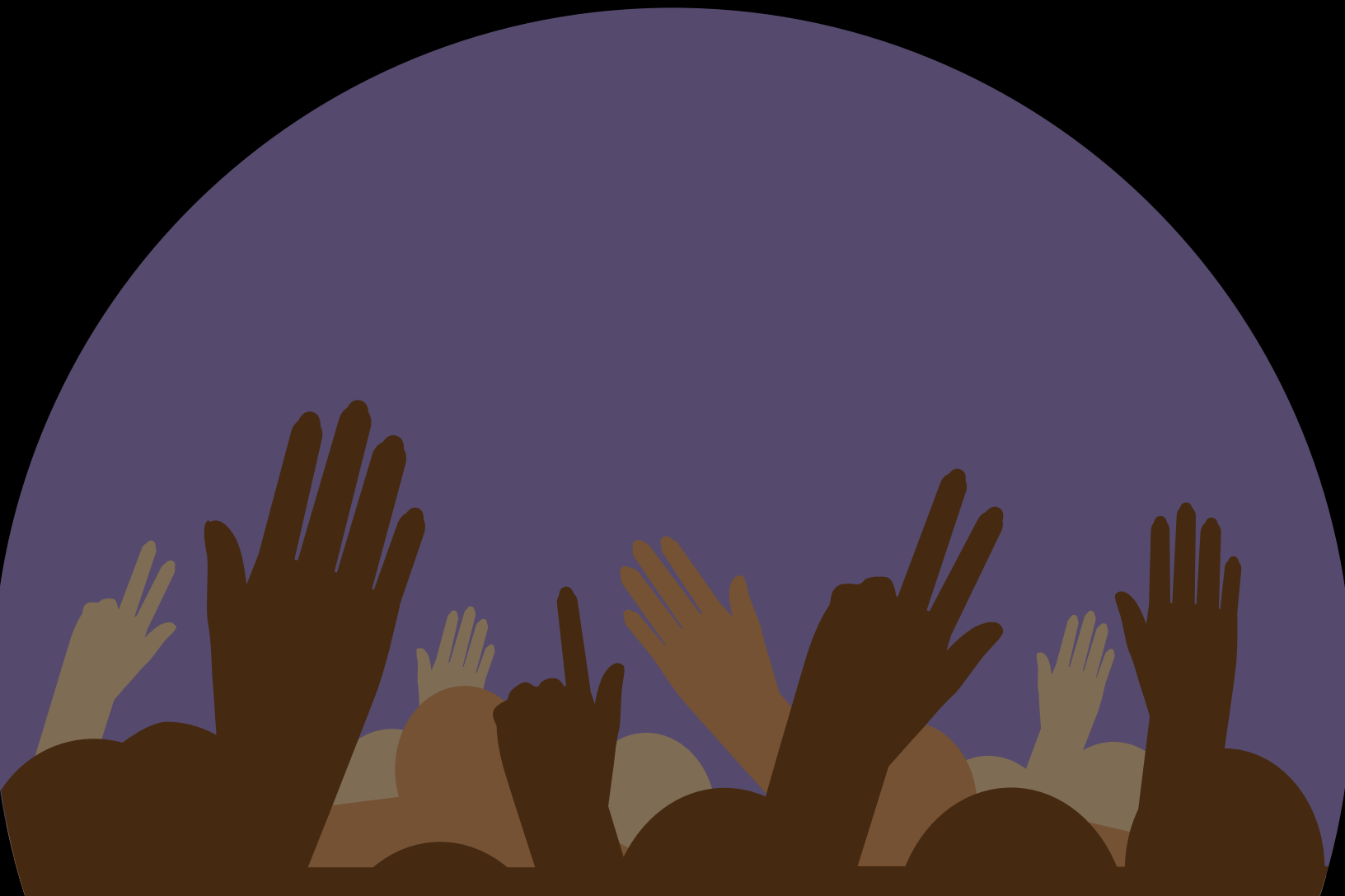




MENTAL HEALTH

MENTAL HEALTH RESOURCES



So Let's Talk Mental Health

Were you aware that there are professionals who can understand the intricate details of dealing with things like **depression, bi polar disorder, trauma, addiction**, etc. and *also understand your kink lifestyle at the same time*? Well now you do! I curated this resource to help you ease the stress, confess, and stay blessed with a kink aware profesh.....ional;)

Now I know someone of your are NOT about that therapy life, or prescription life, but sometimes, we do need a little more help than we think. All it takes is finding the right match. Don't get me wrong, do what works for you, **but** at the same time really make sure it is helping you manage and be your best self! Having the best type of support system is paramount to helping you thrive and shine bright like a diamond.



Don't get me wrong, I know many of us may have support from friends, family and partners! While this support can be a tremendous help, they should never take the place of YOU getting your professional mental health needs met. Also, your peeps may not be very equipped with all the proper tools to help you in the way you need sometimes.

Taking ownership of doing what you need to do, in order to be your best self, for YOURSELF, is a great step forward.

This can be quite an undertaking or even terrifying for some, and that is ok. Baby steps are fine as long as those steps move forward to crawling, walking, and eventually running.

So Let's Talk Mental Health

This brings me to how this affects your BDSM fun. Sometimes BDSM/Kink **can bring up a lot of things that you may not be prepared for if you don't have the proper support.**

Sometimes these things can be **mental, emotional, and/or physical.** Play scenes can go wrong, just like life, and can trigger things you may not even realize. Sometimes that awesome spanking scene that felt so good at the time, was no match for the spiral you experienced after and now you're left trying to find help from someone who has never even heard of the word "kink". The possibilities are endless.

Regular therapists, doctors, and professionals are great, but sometimes they may be unable to properly diagnose certain things (or test you for certain things) because *they have no working knowledge of the nuance that an alternative lifestyle brings.*

Especially when it comes to **BIPOC, LGBTQIA+ and Kink (or Gender-Relationship-Sexual-Diversity).** Our trauma is different. Our experience is different. Our penchant for depraved, alternative, sadistic, and sensual fun is DIFFERENT. So this is for you peeps! Hopefully this resource helps bring you closer to finding your best therapeutic fit, whatever that looks like!



So Let's Talk Mental Health

Poly, Queer, & Kink Friendly Professionals for People Of The Global Majority

- <https://www.polyfriendly.org/>
- National Queer & Trans Therapists of Color
- <https://www.nqttcn.com>
- <https://mxcmorgan.com/>
- <https://bound-together.net/bipoc-bdsm-resources/>
- Directory of therapists of color
- <https://www.innopsych.com/findatherapist>
- Directory of culturally competent therapists
- <https://findamulticulturaltherapist.com/>
- Inclusive Therapists
- <https://www.inclusivetherapists.com/>
- Black & Brown PGM
- www.melaninandmentalhealth.com
- Therapy for Black Men
- <https://therapyforblackmen.org/find-a-therapist/>
- Therapy for Latinx
- <https://www.therapyforlatinx.com/home>
- Community based alternatives in times of trouble
- <https://dontcallthepolice.com> (by city)

So Let's Talk Mental Health

Kink Aware Therapists, Officiants, Life Coaches and more!

The following link is a Location based resource for Kinksters. Some accept regular insurance while others use a Superbill type arrangement. Always ask if they offer a sliding scale.

- <https://www.kappprofessionals.org/>

Also check out the local graduate programs at universities near you! They offer low to no cost, or sliding scale help for the community. Yes the students are learning, but they are learning from trained professionals and you're helping to be a part of that process.

So Let's Talk Mental Health

The Regulars:

- Depression Hotline: 1-630-482-9696
- LifeLine: (Suicide hotline) 1-800-273-8255
- Trevor Project: (LGBTQ suicide hotline) 1-866-488-7386
- Sexuality Support: 1-800-246-7743
- Eating Disorders Hotline: 1-847-831-3438
- Rape and Sexual Assault: 1-800-656-4673
- Grief Support: 1-650-321-5272
- Exhale: (After Abortion Hotline/Pro-Voice) 1-866-4394253
- 24-hour Friendship Line (not necessarily for immediate crisis, but someone to talk to someone before it becomes one. Please reach out to someone.) 1-800-971-0016
- CyberBullying Research Center
- www.cyberbullying.org

Don't like talking on the phone?

You can use Apps to chat!

- <https://www.psychiatryadvisor.com/slideshow/slides/top-10-mental-health-apps/>
- <https://www.imalive.org/>
- <https://www.crisistextline.org/>

So Let's Talk Mental Health

Wanna learn more about how BDSM actually relates to science?

- <https://www.scienceofbdsm.com/>

Kink Related Abuse

- <http://www.kinkabuse.com/a-bdsm-reading-list/>
- <https://withoutmyconsent.org/resources/>

Rape & Sexual Assault Resources

- <https://www.peaceoverviolence.org/hotlines> (LA BASED but a good overall resource)

So Let's Talk Mental Health

Drug Use/Abuse Resources

- <https://drugabuse.com>
- Never Use Alone: (phone number to call if using drugs alone)
- <http://neverusealone.com/>
- <https://www.soberrecovery.com/links/abuseandtrauma.html>

If you need to laugh through the tears

- <https://www.hilariousworld.org/>

Other Resources for Depression

- <https://depressedanon.com/>

Grief

- <http://griefnet.org>

So Let's Talk Mental Health

While I'm not a therapist of any kind, I do care about helping others find alternative resources that may be just a bit more helpful than the norm. Unfortunately some may not find this helpful at all and that's ok. Sometimes things don't work even when you do everything right. I encourage you to continue to try because we all deserve to be free, authentic, open and supported in a positive way. I will update this list as I learn about more resources and I am always open to hearing about new ways people are practicing mental and emotional health care, so if you have a suggestion don't hesitate to reach out! Thanks for reading and I hope this resource helps you, however you choose to use it! All I ask is that you use it responsibly and of your own free will,

With Solidarity,
Kink In Color

