

Where Do I Even Start?
Finding Safe Connection in a World That
Hasn't Always Felt Safe



Introduction

This resource was accurate at the time of publication. However, online communities come and go; some listed here may end and others start which are not listed here at this time.

Please do your due diligence before becoming involved with any group. I cannot guarantee any except my own, CommuniDID.

Local Resources

- NAMI

NAMI (National Alliance on Mental Illness)

What makes NAMI unique is that this is a grassroots organization created in 1979 by families who had loved ones with mental illness. There are now 600 NAMI affiliate groups across the country. They offer support groups and education. This is an excellent resource and a place to meet others who are also on a mental health healing journey.

- Meetup.com

Meetup.com is a directory of events by area.

Suggested search terms for DID groups or events or DID-adjacent include: dissociative identity disorder, trauma support, and C-PTSD. As discussed further in this resource, you can also look for groups and events involving your particular interests, such as Dungeons & Dragons or pickleball.

- **Psychology Today**

The Psychology Today directory (<https://www.psychologytoday.com/us>) is a possible source for therapeutic and support groups. You enter your area (you can also enter your state for a wider search) and then select “support groups” from the drop down menu under the word “therapists.” The search does not let you refine the type of group; you will be given a list of all groups in your area.

- **Volunteering**

You can also search for volunteer opportunities in your community. Becoming involved in an activity or organization can reduce isolation as well as make possible new friends, a sense of purpose, and a sense of belonging.

• Interests

Both locally and online, one of the best ways to connect with people who you might enjoy interacting with is to get involved in groups centered around an interest, such as classic car restoration, Pokemon, fan fiction, or crocheting. Whatever your interests and hobbies are, there's a group of people out there somewhere with the same interest! The beautiful thing about these groups is you have a topic of conversation you can focus on that doesn't involve talking about anything personal. You might talk about your opinions or preferences as they relate to stamp collecting or van life, for example, but you wouldn't need to worry people would know about or ask about your trauma history.

You might also find connection in groups related to some aspect of your identity, such as groups for adult children of alcoholics, autism or neurodivergence, or LGBTQ groups.

Online Resources

These resources are listed in order of the most limited or anonymous interactions to more involved interactions.

Starting Carefully

- Comments sections

Leaving comments in YouTube videos or blogs is a way to start interacting with others at a pace you are comfortable with.

You can start by simply observing. This gives you a chance to get familiar with the “regulars,” the people who comment frequently. It’s also a chance to make sure this group doesn’t have any bullies in it.

You may want to use a username that does not identify you in real life in any way. This protects your anonymity.

You are always welcome to practice in the comments of the @CommuniDID YouTube channel. I try to respond to all comments.

Comments sections (continued)

Here are two YouTube channels about DID:

- CommuniDID
youtube.com/@communiDID
- The Entropy System
youtube.com/@TheEntropySystem

Note: The Entropy System appears to be posting about once a month at this time.

• Reddit

A step beyond comments sections of channels and blogs is Reddit, specifically the subreddits (discussion threads) for and about DID and OSDD. You can participate for free and you can create an anonymous username. You can control whether or not you will allow people to message you directly and privately. As you get familiar with the people in the subreddits you browse, you might enjoy being able to message back and forth. It's a way to connect without sharing personal information like an email address or phone number.

Reddit (continued)

<https://www.reddit.com/r/OlderDID/>
(For people age 30+)

<https://www.reddit.com/r/DID/>
(The largest DID subreddit)

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

<https://www.reddit.com/r/OSDD/>
(For those who want to focus on OSDD)

<https://www.reddit.com/r/CPTSD/>
(For the wider issue of complex trauma)

- Quora

Quora is a place that specializes in asking and answering questions. That is, people can ask or answer questions there. There are multiple groups about DID and trauma.

Quora (continued)

- Multiplicity
<https://multiplicity.quora.com/>
- DID (Dissociative Identity Disorder)
<https://diddissociativeidentitydisorder.quora.com/>
- Pieces of Your Mind
<https://piecesofyourmind.quora.com/>
- ALTERnate REALity
<https://plurality.quora.com/>
- About PTSD and CPTSD
<https://aboutptsdandcptsd.quora.com/>

Note: I have spent time in some of the Quora Spaces (as they call them). In my personal opinion, Reddit is a much healthier community of people.

Peer Support and Chat

The following are a collection of resources offering chat and peer support.

- Hey Peers
<https://www.heypeers.com/online-support-groups>
Over 1,000 free peer support groups
- NAMI
[_https://www.heypeers.com/online-support-groups](https://www.heypeers.com/online-support-groups)
You can search for online NAMI support groups here
- We Connect Health
<https://www.weconnecthealth.io/free-online-support-meetings>
Multiple meetings offered every day
- Multiplied By One
[_https://multipliedbyone.org/online-support-groups/](https://multipliedbyone.org/online-support-groups/)
Multiplied By One is an organization for and by people who are plural (having DID, OSDD, etc).
- 7 Cups
[_https://www.7cups.com/welcome/](https://www.7cups.com/welcome/)
Trained peer support by online chat

Peer Support & Chat (continued)

- Buddy Help
<https://buddyhelp.org/>
Online chat with trained volunteers
- Meetup Online DID Support Group
<https://www.meetup.com/did-support-group/>
Registration required; this link takes you to registration
- Warm Line Directory
<https://www.warmline.org/>
This directory will help you find a warm line near you

What is a warm line?

A warmline is like a hotline, but without the crisis. In other words, it is staffed by volunteers who are there to be a friendly voice to talk to when you need to connect or need someone to listen to you. I frequently encourage my clients to call warmlines. Note that some warmlines are specific to residents of a particular state while others are open to people anywhere.

For a nice write-up about warmlines, see <https://screening.mhanational.org/content/need-talk-someone-warmlines/>

Online Communities

The following are communities, where people are often quite active. You can observe or have limited interaction if that is your preference. Some of these communities are paid memberships

- CommuniDID

This online community will have safe forums for discussions once it launches, in addition to live coaching groups. If you'd like launch updates and a chance to be a founding member, sign up here: <https://www.communiDID.com>

- Discord Communities

<https://discord.com/>

Discord is an app, although you can also access the servers through your web browser. On Discord, groups or communities are referred to as “servers,” so you will be searching for DID-related servers. You can locate DID servers using <https://disboard.org/> When I checked, it had more than 2,000 DID and DID/OSDD groups.



Discord (continued)

Note: Before exploring Discord communities, please read this thread about them:

https://www.reddit.com/r/DID/comments/vh8t26/are_there_good_supporttherapy_groups_for_people/

- Facebook

There are private, application-based groups for people with DID/OSDD. Some are more education-focused, others more peer support-based.

Check for:

- Active and trauma-informed moderation
- No tolerance for “prove it” debates
- Clearly stated values and expectations

- The Mighty

The Mighty hosts more than 700 health communities. Following are five communities where you might find you feel comfortable. The first is specific to DID; the other four have a broader focus on trauma.

<https://themighty.com/groups/didandme/>

<https://themighty.com/groups/child-adulthoodabusewarriors/>

<https://themighty.com/groups/childhoodtrauma/>

<https://themighty.com/groups/lifewithc-ptsd/>

<https://themighty.com/groups/traumasupport/>

- My Support Forums

Originally launched as the Psych Central forums, it is now independent. They host a Dissociative Disorders forum. They have a section just for teen alters and a section where serious DID material is not discussed, so you can feel safe in that forum if you are wanting to avoid triggering topics. <https://mysupportforums.org/dissociative-disorders/>

- Patreon Communities

The Entropy System

<https://www.patreon.com/theentropysystem/>

An active community of about 200 members (as of 6/2025).

- The Plural Association

An online community for anyone who identifies as plural. <https://www.thepluralassociation.community/>

Finding Safe Social Connection

♥ How This Helps You Heal

If you've been hurt by people you trusted, reaching out again can feel impossible. But human connection is a core part of healing — and you deserve to find people who feel safe.

This resource helps you:

- Understand why connection feels scary or “too much”
- Explore different kinds of low-pressure support (online, anonymous, affirming)
- Recognize internal signs of readiness — and internal signals of caution
- Take small, self-led steps toward building the kind of connection your system can actually tolerate

You don't have to jump into relationships. You just need to know safe connection is possible — and how to start looking for it.



You're Not Alone.

Healing isn't easy, and there are no shortcuts. But you've already made it through the hardest parts—and that strength is still with you. This resource was created to support you on your path. Take what helps. Leave what doesn't. Keep going.

◆ More Support Is Available

Looking for more tools, videos, or gentle guidance?

 Explore free and premium resources:

www.communiDID.com/resources

 Watch videos for DID systems:

www.YouTube.com/@CommuniDID

 Get new tools each week—free in your inbox:

www.communiDID.com/subscribe

CommuniDID: Support for Dissociative Identity Disorder
that's gentle, grounded, and real.

Your voice matters.

If this resource was helpful, confusing, or brought something up for you — I'd love to know. I'm always working to make these tools more useful and more supportive. You can share feedback (even anonymously) here:

<https://www.communiDID/feedback>

☀️ This document is more heartfelt than fancy—made to support you, not impress anyone.

