

Counselling Resources copy – for the page:

Digital versions of the harm reduction resources included in the comfort package.

<http://atlasofemotions.org/> - **Atlas Of Emotions**

an integrated map of our emotions to help us understand them better (helpful, given it's more accessible & not specific to any particular counselling modalities).

<https://www.nativeyouthsexualhealth.com/peersupportmanual> - **You Are Made of Medicine**

This peer support manual is useful for folks of varying ages & lived experiences.

<https://www.chicagotorturejustice.org/zines-graphics> - **Politicized Grief Zine**

this zine is very well informed, community-oriented and has lots of tangible exercises for wellness and care that are applicable beyond, but especially more useful for grief (beyond the cisheteronormative grief content out there).

Junkie.rat Affirmations - <https://www.instagram.com/junkie.rat/?hl=en>

Kink BDSM info - [https://bdsmwiki.info/Main\\_Page](https://bdsmwiki.info/Main_Page)

Trans affirming Polyamory Glossary <https://www.readyforpolyamory.com/polyamory-glossary>

*Welcome to the Hot Haus* - Themes that come up on the show include online work, professional fetishist and kinksters, and more! Here is a link to an info page on it: <https://outtv.ca/uncategorized/welcome-to-the-hot-haus/>

[Drug Combinations \(tripsit.me\)](http://tripsit.me)

[Drug combinations - TripSit wiki](http://tripsit.me/wiki)