

National Resources for Survivors and their Loved Ones



National Sexual Assault Hotline

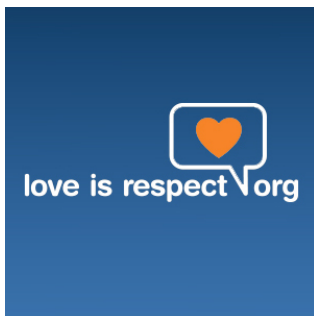
800.656.HOPE (4673) or online.rainn.org

This hotline gives you access to a range of free services including: confidential support from a trained staff member, support finding a local health facility that is trained to care for survivors of sexual assault and offers services like sexual assault forensic exams, someone to help you talk through what happened, local resources that can assist with your next steps toward healing and recovery, and information about the laws in your community.



Centers.rainn.org

This website can help you find the sexual assault service provider closest to you by entering in your zipcode. These centers have highly trained staff that can offer assistance in moments of crisis as well as resources for ongoing support related to sexual violence. Their services are usually free or low cost.



Love is Respect

1-866-331-9474 or text loveis to 22522

This 24/7 free and confidential hotline lets you talk to trained peer advocates that offer education, support and advocacy to teens and young adults, as well as their concerned friends and family members, who have questions or concerns about their dating relationships. They can connect you to resources in your area, help you create a plan to stay safe, or just listen to your concerns.



The Network la Red

617-742-4911; TTY: 617-227-4911

This hotline provides 24/7 confidential emotional support, information, and safety planning for lesbian, gay, bisexual, queer and/or transgender individuals who are experiencing dating violence or domestic violence. Available in Spanish and English



National Child Sexual Abuse Helpline Darkness to Light

1-866-FOR-LIGHT (866-367-5444) or text 'LIGHT' to 741741

This hotlines provides support to individuals living in the United States who need local information and resources about sexual abuse. Any individual, child or adult who needs resources about sexual abuse can call the Helpline. All calls are confidential and will be answered by a trained information and referral service