

# Resources for Sexual Violence Survivors

National Hotlines (United States)

National Sexual Assault Hotline:

**800.656.HOPE (4673)**

Online Chat Support: **online.rainn.org**

Spanish Language Support: [rainn.org/es](http://rainn.org/es)

National Domestic Violence Hotline:

**800.799.SAFE (7233)**

## Organizations

RAINN (Rape, Abuse & Incest National Network):

Largest anti-sexual violence organization in the U.S. ***rainn.org***

**1in6:** Support specifically for male survivors

***1in6.org***

**MaleSurvivor:** Resources and community for male survivors **malesurvivor.org**

**NSVRC (National Sexual Violence Resource Center):** Information and resources **nsvrc.org**

## Help for Specific Populations

LGBTQ+ National Help Center: **888.843.4564**

**StrongHearts Native Helpline** (for Native Americans):  
**844.7NATIVE (844.762.8483)**

**The Network/La Red** (LGBTQ, BDSM, and polyamorous communities): **800.832.1901**

**Love Is Respect** (for teens and young adults):  
**866.331.9474** or text "LOVEIS" to 22522

## Mental Health Support

**SAMHSA's National Helpline: 800.662.HELP (4357) -**  
Referrals to local treatment facilities and support groups

## Legal Resources

**Victim Rights Law Center:** Free legal services for sexual assault victims **victimrights.org**

**Legal Momentum:** Advancing women's rights through legal advocacy **legalmomentum.org**

Find Legal Help through the **American Bar Association**  
**findlegalhelp.org**

## *Additional Support*

**After Silence:** Online support forum and chat rooms [aftersilence.org](https://aftersilence.org)

**Pandora's Aquarium:** Online support community [pandys.org](https://pandys.org)

**RAINN's Local Resources Database:**  
Find services in your area centers. [rainn.org](https://rainn.org)

*Remember that reaching out takes courage, and healing is not linear. Everyone's journey is different, and it's okay to try different resources until you find what works best for you.*

@justusforsurvivors

