

SAAVE ME

RESOURCE GUIDE

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NATIONAL RESOURCES FOR SEXUAL VIOLENCE AND CRISIS SUPPORT

Welcome to the National Resources for Sexual Violence and Crisis Support guide, created by the Courage Couture Gala survivor support team. This resource guide provides a curated list of national organizations and services for victims and survivors of sexual violence, domestic violence, child abuse, human trafficking, and other crises. It also includes mental health and supportive services to ensure survivors have access to the help, guidance, and care they need wherever they are.

SEXUAL VIOLENCE & ASSAULT SUPPORT

RAINN (Rape, Abuse & Incest National Network)

Serve survivors of sexual assault and their loved ones.

Visit rainn.org.

HOTLINE: 1-800-656-HOPE (4673)

Available 24/7 and confidential.

NSVRC (National Sexual Violence Resource Center)

Serve advocates, professionals, and communities working to prevent sexual violence. Visit nsvrc.org.

National Organization for Victim Assistance (NOVA)

Serve victims and survivors of all types of crime, including sexual violence. Visit trynova.org.

CRISIS LINE: 1-800-879-6682

National Center for Victims of Crime

Serve victims of all crimes, including sexual and domestic violence. Visit victimsofcrime.org.

End Rape on Campus (EROC)

Serve students and survivors navigating sexual assault on college campuses. Visit endrapeoncampus.org.

Futures Without Violence

Serve individuals impacted by sexual and domestic violence, including youth and professional. Visit futureswithoutviolence.org.

Joyful Heart Foundation

Serve survivors of sexual assault, domestic violence, and child abuse; advocates and allies working to end the backlog of untested rape kits across the U.S. Visit endthebacklog.org.

ABOUT

Founded by actress and activist Mariska Hargitay, the Joyful Heart Foundation is committed to transforming society’s response to sexual assault, domestic violence, and child abuse. One of their key initiatives focuses on ending the rape kit backlog through policy reform, transparency, and accountability efforts. Survivors and advocates can learn how to track legislation in their state and access tools to push for justice.

MENTAL HEALTH, SUICIDE PREVENTION & CRISIS HOTLINES

988 Suicide & Crisis Lifeline

Serve anyone in emotional distress or suicidal crisis. Visit 988lifeline.org.

CALL OR TEXT: 988

Available 24/7 and confidential.

The Trevor Project

Serve LGBTQIA+ youth in crisis. Visit thetrevorproject.org.

CALL: 1-866-488-7386 | **TEXT:** “START” to 678-678

Crisis Text Line

Serves anyone in crisis. Visit crisistextline.org.

TEXT: “HOME” to 741741

National Alliance on Mental Illness (NAMI)

Serve individuals and families affected by mental illness. Visit nami.org.

HELPLINE: 1-800-950-NAMI (6264) | **TEXT** “HELPLINE” to 62640

DOMESTIC & INTIMATE PARTNER VIOLENCE

National Domestic Violence Hotline

Serve anyone impacted by domestic or intimate partner violence. Visit thehotline.org.

HOTLINE: 1-800-799-SAFE (7233) | **TEXT:** “START” to 88788

Love is Respect

Serve young people experiencing dating abuse.

Visit loveisrespect.org.

HOTLINE: 1-866-331-9474 | **TEXT:** “LOVEIS” to 22522

TECHNOLOGY-FACILITATED ABUSE & ONLINE SAFETY

National Network to End Domestic Violence (NNEDV) – Safety Net Project

Serve survivors of tech-enabled abuse. Visit techsafety.org.

Cyber Civil Rights Initiative

Serve survivors of non-consensual pornography and online abuse. Visit [cybercivilrights.org](https://www.cybercivilrights.org).

HELPLINE: 1-844-878-2274

TRAFFICKING & EXPLOITATION SUPPORT

National Human Trafficking Hotline

Serve victims and survivors of human trafficking.

Visit [humantraffickinghotline.org](https://www.humantraffickinghotline.org).

HOTLINE: 1-888-373-7888 | TEXT: "HELP" or "INFO" to 233733

CHILD ABUSE SUPPORT

Childhelp National Child Abuse Hotline

Serve children and adults impacted by child abuse.

Visit [childhelp.org](https://www.childhelp.org).

HOTLINE: 1-800-4-A-CHILD (1-800-422-4453)

THERAPY SUPPORT

Therapy for Black Girls

A national therapist directory of BIPOC providers for Black women. Visit therapyforblackgirls.com.

National Queer and Trans Therapists of Color Network

A national therapist directory that offers mental health care for Queer and Trans Black, Indigenous and People of Color (QTBIPOC). Visit nqttcn.com/en.

Mental Health Match

A national therapist directory that is a free tool that will match you with the right therapist. Visit mentalhealthmatch.com.

Clinicians of Color

A national therapist directory of BIPOC mental health clinicians. Visit cliniciansofcolor.org.

Open Path Collective

A nonprofit nationwide network of mental health professionals dedicated to providing mental health care at a steeply reduced rate to clients in need. Pay a lifetime membership fee of \$65 and pay for sessions with a vetted therapist at a reduced rate. Visit openpathcollective.org.

Boris Lawrence Henson - Resource Guide

A Directory of mental health providers and programs serving the African-American community.

Visit resourceguide.borislhensonfoundation.org.

Boris Lawrence Henson - Mental Wellness Support Program (MWSP)

Serve African-American individuals ages 12 and up, providing access to high-quality mental health services through financial assistance for up to five therapy sessions. Visit borislhensonfoundation.org/programs/mwsp.

Loveland Foundation

Serve Black women and non-binary individuals, providing access to high-quality mental health services through financial assistance for up to 12 therapy sessions. Visit thelovelandfoundation.org/therapy-fund.

Purposeful Counseling

A Christ-centered practice dedicated to helping individuals and couples build healthier, lasting relationships.. Visit purposeful-counseling.com.

The Therapy Project

Accessible mental health services to individuals, families, and pregnant women. Visit purposeful-counseling.com/therapyproject.

SAAVE ME

**SEXUAL ASSAULT ADVOCACY
FOR VICTIMS EVERYWHERE**

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