RESOURCES FOR SURVIVORS OF SEXUAL ABUSE

U.S. CENTER FOR SAFESPORT



It can be hard to talk about sexual abuse, especially with people you care about. But you deserve support. You deserve to know that it's not your fault. You deserve to know you are not alone.

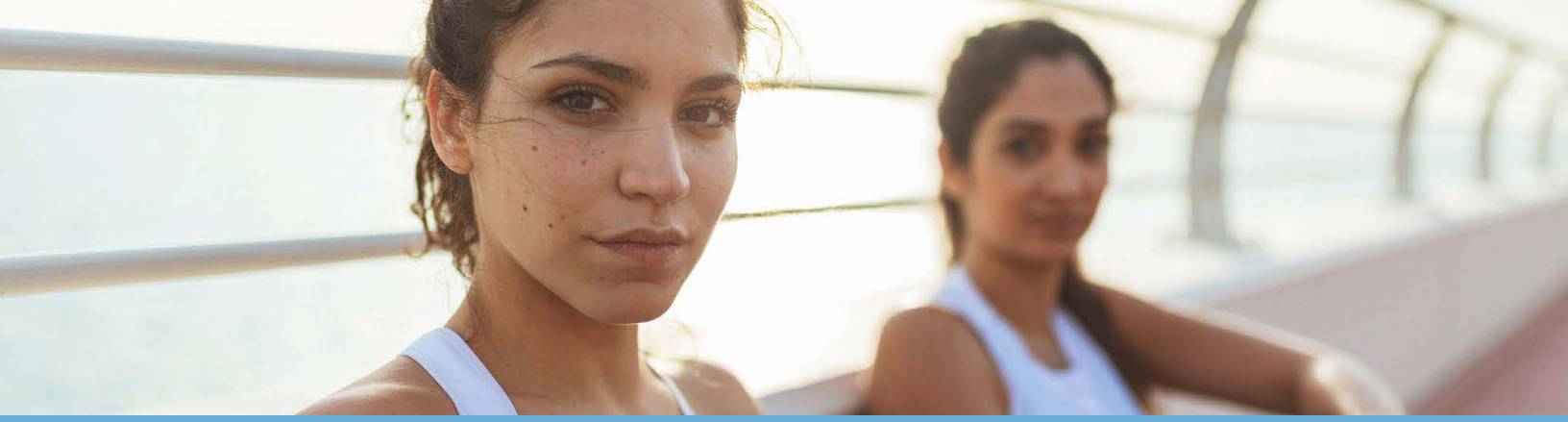
In addition to formal reporting options, we encourage you to make use of the confidential resources below. Some can provide you with a place to talk, cry, or rage. Others can help you connect with housing, legal, or other resources. Use them however you need to heal and thrive.

SUPPORT LINES

If you are feeling overwhelmed or just want information, support lines are available. Call RAINN at 1-800-656-4673 or chat online at **rainn.org** for confidential 24/7 support. If you have experienced domestic or intimate partner violence, you can chat online or text the **National Domestic Violence Hotline** or call them at 1-800-799-7233.

U.S. BASED LOCAL ADVOCACY CENTERS

Advocacy centers offer free (often confidential) support and information about specific areas such as housing or legal support. The National Sexual Violence Resource Center can help you **find support resources**, including advocacy centers in your state or territory. You can also find and **connect with advocacy centers that specialize in working with children**.



ADDITIONAL VALUABLE RESOURCES

THERAPY

Therapists are trained professionals that can help you learn strategies for working through trauma. Many advocacy centers can provide direct referrals to therapists near you who specialize in different areas. Therapy includes individual counseling, such as trauma-focused counseling, as well as various support groups.

SUPPORT FOR TEAM USA ATHLETES

If you are a Team USA athlete, you can **contact the Office of the Athlete Ombuds**. They offer free, confidential advice and information about your rights as an athlete.

U.S. BASED CRIME VICTIM COMPENSATION (CVC)

If you are eligible, you may be able to **access your state's crime victim compensation program**. It can help you cover costs such as counseling, lost wages, and medical care. Please note that the crime must be reported to law enforcement to use many CVC programs.

U.S. BASED RAPE CRISIS CENTERS

There is a national network of community-based rape crisis centers in every state and territory. These centers exist across the United States to provide supportive services to victims of sexual abuse. While the specific resources available vary by location, services are confidential and may include advocacy, support during medical exams, law enforcement interviews, follow-up services, and referrals to other resources.

The National Sexual Violence Resource Center maintains a **Directory of Organizations** that provide services to survivors. Please contact your state or territory's coalition to find local services in your community. Rape crisis centers also provide 24/7 hotlines to support survivors and co-survivors.

Being on our referral list is not an endorsement and the Center includes these independent resources only for informational purposes. The U.S. Center for SafeSport is not responsible for the content of or services provided by any of the organizations. The Center does not provide referrals to private practitioners, nor to entities that discriminate on the basis of age, religion, or sexual orientation. We do seek to ensure the integrity of our referral organizations and welcome any feedback about any independent organization we have identified.