First off, sexual assault or abuse can happen to anyone. It’s important for you to know that this is not your fault. No matter the circumstance, you didn’t deserve this.

It can sometimes be hard to talk about sexual abuse, especially with people you care about. In addition to formal reporting options (law enforcement, child protective services and the U.S. Center for SafeSport), there are a number of confidential resources available to you to talk about what happened and provide you with the support you deserve.

RESOURCES FOR SURVIVORS OF SEXUAL ABUSE

U.S. CENTER FOR SAFESPORT SUPPORT LINES

There are times when dealing with the trauma can feel unbearable. Support lines, such as the U.S. Center for SafeSport Helpline, are available whenever you are in crisis or just want more information. The U.S. Center for SafeSport 24-Hour Helpline number is 866-200-0796. Anonymous reporting is available and online chat is accessible at safesporthelpline.org/.

VICTIM LINK

Provides a safe online access point for information about sexual violence. While navigating Victim Link, you can choose what information you share and who you share it with. This program also allows you to report to the U.S. Center for SafeSport in a convenient and supportive way, connecting you to both the Center and to law enforcement and/or advocacy all in one central link at voice.tech/victimlink.

LOCAL ADVOCACY CENTERS

Provides free (many times confidential) support in navigating the complex nature of trauma. Advocates can provide information regarding more specific areas such as housing support or legal support. There are Child Advocacy Centers that specialize in working with children. Click to find a local Advocacy Center or Click to find a local Child Advocacy Center.
LOCAL RAPE CRISIS CENTER

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, accompaniment during medical exams, law enforcement interviews, follow-up services and referrals to other resources.

The National Sexual Violence Resource Center maintains a Directory of State and Territory Coalitions as well as a Directory of Victim/Survivor Support 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, gender, 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.