

RESOURCES FOR SURVIVORS OF SEXUAL ABUSE

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.



ADDITIONAL VALUABLE RESOURCES

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](tel:866-200-0796). Anonymous reporting is available and online chat is accessible at safesporthepline.org/.

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](#).



ADDITIONAL VALUABLE RESOURCES

THERAPY

Offers trained professionals to help work through the trauma of sexual abuse. 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.

U.S. OLYMPIC COMMITTEE ATHLETE OMBUDSMAN OFFICE

Provides free, confidential advice and information about your rights as an athlete.

[Click for more information.](#)

CRIME VICTIM COMPENSATION (CVC)

Provides financial support for eligible victims of crime to cover costs such as counseling, lost wages and medical care. Please note that in many CVC programs the crime must be reported to law enforcement in order to access these funds.

[Click to locate your local CVC program.](#)

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.