

You Are Not Alone. Help Is

If you or a loved one is a survivor of sexual abuse and needs help right now, reaching out to the resources below and on the right may help begin the process of healing.

A note that many crisis center websites also have “exit” or “hide page” functionality if you are concerned that your searches are being monitored. **Always call 911 if you are in immediate danger.**

Hotlines and Crisis Centers:

USA: Contact RAINN (Rape, Abuse & Incest National Network) at:
The National Sexual Assault Hotline: **800.656.HOPE (4673)** and **online.rainn.org**
En Espanol: **rainn.org/es**

For parents of child survivors: **1.888.PREVENT (1.888.773.8368)** and **www.stopitnow.org**

Canada: Crisis centers and agencies are organized individually by province. Most Canadian websites have French language capability. To begin searching for crisis centers and hotlines, consult:

endingviolencecanada.org/getting-help/

www.sheltersafe.ca

1-877-232-2610; TEXT: 613-208-0747; crcvc.ca
Canadian Resource Centre for Victims of Crime
(Available Monday–Friday, 8:30 a.m. to 4:30 p.m. EST)

To Find a Therapist:

www.psychologytoday.com/us/therapists

www.psychologytoday.com/us/therapists/spanish

www.psychologytoday.com/ca/therapists

www.psychologytoday.com/ca/therapists/french



CHIPSTUDIO /ISTOCK (THERAPIST) A-DIGIT/ISTOCK (PATIENT)

Available.



Help With Related Areas

As mentioned in the article on page 41, survivors sometimes develop addictions, turn to substance abuse or have suicidal feelings in response to being sexually assaulted. Please know that help is available.

Thoughts of Suicide? Get Help NOW. Call 24/7:

(USA): 1-800-273-TALK (8255); TTY: 1-800-799-4889

The National Suicide Prevention Lifeline

www.suicidepreventionlifeline.org

(CANADA): 1.833.456.4566

Canada Suicide Prevention Service

crisiservicescanada.ca

Substance Abuse and Mental Health

(USA): 1-800-662-HELP (4357) or www.samhsa.gov/find-help/national-helpline

U.S. Department of Health & Human Services Substance Abuse and Mental Health Services Administration National Helpline

National Institute on Alcohol Abuse and Alcoholism Alcohol Treatment Navigator:

alcoholtreatment.niaaa.nih.gov

(CANADA): Canadian Centre on Substance Use and Addiction:

www.ccdus.ca/eng/pages/addictions-treatment-helplines-Canada.aspx

www.ccdus.ca/fra/pages/addictions-treatment-helplines-Canada.aspx

(Treatment services are organized individually by province.)

Binge Eating and Eating Disorders

1-800-931-2237; www.nationaleatingdisorders.org

National Eating Disorders Association

Overeaters Anonymous: oa.org

Alcoholics Anonymous: www.aa.org

Narcotics Anonymous: na.org

Nicotine Anonymous: nicotine-anonymous.org

Problem Gambling

1-800-522-4700 and www.ncpgambling.org

National Council on Problem Gambling

Gamblers Anonymous: gamblersanonymous.org