



FREA

FINDING RECOVERY & EMPOWERMENT FROM ABUSE

## U.S. Resources for Survivors of Abuse

### **ACEs Connection**

ACEs Connection is a social network recognizing the impact of **adverse childhood experiences** in shaping adult behavior and health, and reforming all communities and institutions -- from schools to prisons to hospitals and churches -- to help heal and develop resilience rather than to continue to traumatize already traumatized people.

The network achieves this by creating a safe place and a trusted source where members share information, explore resources and access tools that help them work together to create resilient families, systems and communities. A companion site, [ACEsTooHigh.com](http://ACEsTooHigh.com), provides news to the general public as part of the ACEs Connection Network.

[www.acesconnection.com](http://www.acesconnection.com)

### **American Red Cross**

The American Red Cross, also known as the American National Red Cross, is a humanitarian organization that provides emergency assistance, disaster relief and education in the United States.

<http://www.redcross.org/>

### **Anti-Violence Project**

AVP empowers lesbian, gay, bisexual, transgender, queer, and HIV-affected communities and allies to end all forms of violence through organizing and education, and supports survivors through counseling and advocacy.

[www.avp.org](http://www.avp.org)

### **Administration for Children and Families - Human Trafficking**

ACF is committed to ensuring that victims of all forms for human trafficking -- adults and children; foreign national, citizens, and legal residents; survivors of labor and sexual exploitation -- have access to the support they need.

<http://www.acf.hhs.gov/program-topics/human-trafficking-0>

### **Battered Women's Justice Project.**

Collaborative effort of several U.S. national organizations aiming to improve criminal justice responses to domestic violence.

[www.bwjp.org](http://www.bwjp.org)

**Break The Cycle.**

Break the Cycle is the leading national nonprofit organization providing comprehensive dating abuse programs exclusively to young people ages 12 to 24. From the classroom to the courtroom to the floor of Congress, we work every day to give young people, and those who care about them, the tools they need to live safer, healthier lives.

Break the Cycle inspires and supports young people to build healthy relationships and create a culture without abuse. Everyone has a right to a safe and healthy relationship, regardless of gender, ethnicity or sexual identity. We work every day to make that right a reality.

Break the Cycle was founded in Los Angeles, California in 1996. While there were a lot of services for children experiencing abuse by adults and for adults in peer-to-peer abusive relationships, there was a gap in services for young people experiencing abuse in dating relationships. We began to fill that gap by creating teen-specific violence prevention education and providing legal services for youth. In 2004, Break the Cycle expanded nationally in response to the need for dating abuse services and programs. Break the Cycle now has staff in Los Angeles and the District of Columbia, along with partners, volunteers and supporters across the nation.

[www.breakthecycle.org](http://www.breakthecycle.org)

**Center for Sex Offender Management**

The Center for Sex Offender Management (CSOM) is a national clearinghouse and technical assistance center that supports state and local jurisdictions in the effective management of sex offenders. CSOM aims to provide those responsible for managing sex offenders with ready access to the most current knowledge by synthesizing and disseminating research and effective practices to the field; and by offering specialized training and technical assistance on a wide variety of issues related to sex offender management.

[www.csom.org](http://www.csom.org)

**CDC Centers for Disease Control & Prevention:**

Rape Prevention & Education: Transforming Communities to Prevent Sexual Violence

<https://www.cdc.gov/ViolencePrevention/RPE/index.html>

**David Baldwin's Trauma Information Pages**

These Trauma Pages focus primarily on emotional trauma and traumatic stress, including PTSD (Post-traumatic Stress Disorder) and dissociation, whether following individual traumatic experience(s) or a large-scale disaster. The purpose of this **award winning** site is to provide information for clinicians and researchers in the traumatic-stress field.

[www.trauma-pages.com](http://www.trauma-pages.com)

**Directory of Crime Victim Services**

Enables crime victims to readily locate national and international assistance services and will help

victim service providers make appropriate referrals. The directory allows users to search for victim services by location, type of victimization and type of service needed.

Web: <http://ovc.ncjrs.org/findvictimservices>

## enditnow

**enditnow** is a global initiative to raise awareness and advocate for the end of violence around the world. It aims to mobilize Seventh-day Adventists around the world and invites other community groups to join in to resolve this worldwide issue.

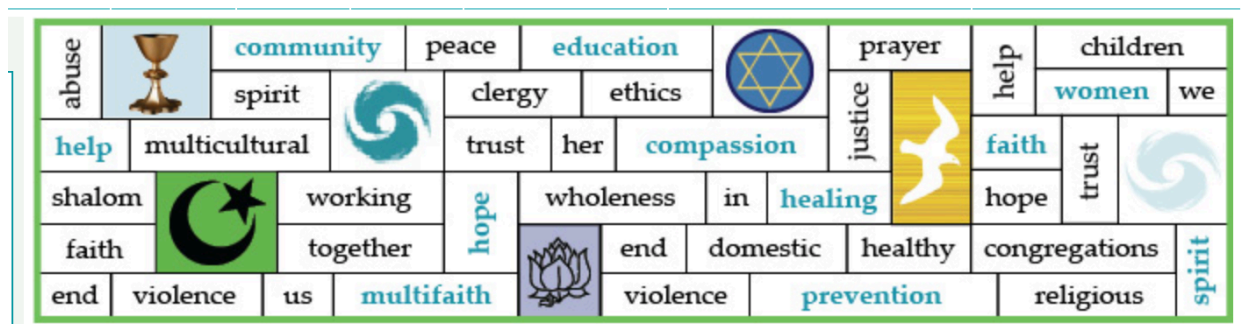
This initiative was launched in October 2009 in partnership between the Adventist Development and Relief Agency (ADRA) and the Department of Women's Ministries of the Seventh-day Adventist Church.

[www.enditnow.org](http://www.enditnow.org)

## End Rape on Campus.

End Rape on Campus is a national organization providing confidential, complimentary resources to survivors, parents, alumni, and faculty seeking support. The mission of EROC is to provide free, direct support to campus activists who are filing federal complaints, like [Title IX](#), to the Office for Civil Rights, and/or [Clery](#) complaints in order to hold colleges and universities accountable for their handling of sexual violations.

[www.endrapeoncampus.org](http://www.endrapeoncampus.org)



## Faith Trust Institute

Working together to end sexual and domestic violence

FaithTrust Institute is a national, multifaith, multicultural training and education organization with global reach working to end sexual and domestic violence.

[www.faithtrustinstitute.org](http://www.faithtrustinstitute.org)

**Feminist Majority Foundation:** *Equality around the world.*

National hotlines and resources.  
<http://www.feminist.org/911/crisis.html>

### **FORCE: Upsetting Rape Culture**

FORCE: Upsetting Rape Culture is a creative activist collaboration to upset the culture of rape and promote a culture of consent. FORCE believes that a more difficult and honest conversation needs to happen in America to face the realities of sexual violence, envisioning a world where sex is empowering and pleasurable rather than coercive and violent. To promote this needed conversation, they create art actions to generate media attention and get millions of people talking.  
[www.upsettingrapeculture.com](http://www.upsettingrapeculture.com)

### **Futures Without Violence**

Futures Without Violence is a health and social justice nonprofit with a simple mission: to heal those among us who are traumatized by violence today – and to create healthy families and communities free of violence tomorrow. From domestic violence and child abuse, to bullying and sexual assault, our programs, policy development, and public action campaigns are designed to prevent and end violence against women and children around the world.  
<http://www.futureswithoutviolence.org/>

### **Gift From Within.**

Gift from Within is dedicated to those who suffer post-traumatic stress disorder (PTSD), those at risk for PTSD, and those who care for traumatized individuals; develops and disseminates educational material, including videotapes, articles, books, and other resources through its website; and maintains a roster of survivors who are willing to participate in an international network of peer support.  
[www.giftfromwithin.org](http://www.giftfromwithin.org)

### **Help & Information for Stalking Victims:**

- *Surviving a Stalker: Stay Safe. Get Help. Reclaim Your Life.* by Linden Gross
- Safe Horizon stalking victims' hotline (assessment & referrals provided) – [866-689-4357](tel:866-689-4357)
- National Domestic Violence Hotline at 1-800-799-SAFE (7233) or TTY [1-800-787-3224](tel:1-800-787-3224) for the hearing impaired
- [Stalking Resource Center](#) – A program of the National Center for Victims of Crime
- [Stalking Behavior website](#) – Information & resources
- [LAPD Threat Management Unit: 213-893-8339](#)
- [The National Organization for Victim Assistance](#) (NOVA): [1-800-879-6682](tel:1-800-879-6682)
- [A Guide to Domestic Violence Risk Assessment, Risk Reduction and Safety Plan](#)
- [The National Coalition Against Domestic Violence](#)
- [Privacy Rights Clearinghouse](#) – Recommendations related to harassment & stalking
- [Electronic Privacy Center](#)
- [Domestic Violence Resource Directory](#)

### **Honor based Violence Awareness Network.**

Centuries-old cultures, customs, social structures and mentalities take time and consistent effort to change, but we can make a real and immediate impact and *deaths can be prevented*. By implementing adequate training, providing background and context and research to people in a position to identify and help those who are at risk of Honour Based Violence, we can mitigate the damage, we can save one girl at a time. HBVA Network is a place where where warning signs can be learned and individuals and institutions can know what to do—and what not to do—so that we are not helpless in the face of impending murder and abuse.

<http://hbv-awareness.com/>

### **Hot Peach Pages:**

Abuse information and support for every woman and every girl on Earth. That's the aim of the HotPeachPages website. At this point, we offer links to:

- abuse information in over **110 languages**; and
- information on **abuse help agencies for every country in the world**.

International Directory of Domestic Violence Agencies.

<http://www.hotpeachpages.net/a/countries.html>

### **The Institute for Women's Policy Research**

The Institute for Women's Policy Research (IWPR) conducts rigorous research and disseminates its findings to address the needs of women, promote public dialog, and strengthen families, communities, and societies. IWPR works with policymakers, scholars, and public interest groups to design, execute, and disseminate research that illuminates economic and social policy issues affecting women and families and to build a network of individuals and organizations that conduct and use women-oriented policy research.

It is the leading think tank in the United States focusing on the quantitative and qualitative analysis of public policy through a gendered lens. Founded in 1987, IWPR's reports and other informational resources have informed policies and programs across the country and internationally, in each of its key program areas:

<http://statusofwomendata.org/>.

Safety and violence statistics are found at <http://statusofwomendata.org/explore-the-data/violence-safety-section-b>.

### **I Survive**

Our purpose is to reach out and offer hope to child abuse survivors.

isurvive is a volunteer-driven organization with a team composed of people from the United States, Australia, Europe and the UK. We offer resources and forums where adult survivors of child abuse and their loved ones can seek support. We are growing on a daily basis, reaching many people from all over the world and offering hope that healing can happen.

<http://isurvive.org/>

### **Jennifer Ann's Group**

Jennifer Ann's Group is preventing teen dating violence through Awareness, Education, and Advocacy (+[video games](#)) in memory of Jennifer Ann Crecente.

[www.jenniferann.org](http://www.jenniferann.org)

### **The Joyful Heart Foundation**

is a national organization founded by Mariska Hargitay in 2004. It has hubs of service in New York, Los Angeles and Honolulu. The **vision** of the Joyful Heart Foundation is *a world free of sexual assault, domestic violence, and child abuse*. While we understand that this may not be achieved in our lifetimes, we continue to work towards it. Our **mission** is to transform society's response to sexual assault, domestic violence, and child abuse, support survivors' healing, and end this violence forever. We carry out this mission in three ways: [Healing](#), [Education](#) and [Advocacy](#). We conduct all our activities with the underlying spirit of collaboration, supporting and affirming existing services for survivors and efforts to end violence and abuse.

<http://www.joyfulheartfoundation.org/>

### **Know Your IX.**

Know Your IX is a national survivor-run, student-driven campaign to end campus sexual violence. Running on grassroots energy, we educate students across the country about their civil right to education free from sexual violence and harassment while also pushing policy and legislative change on the national level for better federal enforcement of that same right. Know Your IX fills the gap between the law on the books and survivors on the ground: we work to educate our fellow students about their rights and empower them to take action for safety and equality on campus; and bring students' voices, experiences, and concerns to policy makers writing the next chapter in Title IX's history.

[www.knowyourix.org](http://www.knowyourix.org)

### **Loveisrespect.**

Loveisrespect's mission is to engage, educate and empower young people to prevent and end abusive relationships.

Loveisrespect mobilizes parents, educators, peers and survivors to proactively raise awareness on healthy dating behaviors and how to identify unhealthy and abusive patterns. Through trainings, toolkits, and curriculum, we are growing community educators and advocates to promote healthy relationships and prevent future patterns of abuse.

Loveisrespect.org strives to be a safe, inclusive space for young people to access information and get help in an environment that is designed specifically for them. Our website provides comprehensive education on healthy, unhealthy and abusive dating relationships and behaviors.

**Chat at [www.loveisrespect.org](http://www.loveisrespect.org) Text loveis to 22522\* Call 1-866-331-9474**

**[www.loveisrespect.org](http://www.loveisrespect.org)**

**Men Can Stop Rape.**

**Men Can Stop Rape** seeks to mobilize men to use their strength for creating cultures free from violence, especially men's violence against women. Men Can Stop Rape mentors male youth and successfully mobilize them to prevent men's violence against women and other men; inspire young men to create their own positive definitions of masculinity, manhood, and strength; develop healthy relationships with others; embrace the concept of personal responsibility; work in partnership with female peers; and do their part to end violence and build safe communities. Men Can Stop Rape has grown tremendously in capacity and scope – inspiring a new generation of leaders for change across the country. The young men come to understand the complex ways that stereotypical notions of race, gender, and sexual orientation can restrict definitions of masculinity, and how creating broader, more equitable definitions benefit both themselves, women and girls.

**[www.mencanstoprape.org](http://www.mencanstoprape.org)**

**The National Center for Victims of Crime**

The National Center is committed to increasing federal funding for crime victims and works to ensure that state funding sources for victim services are protected. It supports meaningful rights for crime victims in the criminal, juvenile, civil, and administrative justice systems; prioritizes work to address the needs of crime victims and promote victim safety and recovery; and is committed to promoting national policy conversations about emerging issues and underserved victim populations with limited access to appropriate resources.

<http://www.victimsofcrime.org/>

**National Clearinghouse for the Defense of Battered Women**

A resource and advocacy center for battered women charged with any crime in which their history of abuse is relevant (or potentially relevant) to their legal defense. Through its work, the organization aims to increase justice for — and prevent further victimization of — arrested, convicted, or incarcerated battered women. Staff provide customized technical assistance to battered women charged with crimes and to members of their defense teams (defense attorneys, advocates, expert witnesses and others). Please contact them via telephone; they accept collect calls from incarcerated battered women.

Phone: [\(215\) 351-0010](tel:(215)351-0010)

Phone: [800 903-0111 ext. 3](tel:8009030111)

Web: <http://www.ncdbw.org/>

**National Clearinghouse on Marital and Date Rape**

<http://www.ncmdr.org/>

**National Coalition Against Domestic Violence**

[www.ncadv.org](http://www.ncadv.org)

E-mail: [mainoffice@ncadv.org](mailto:mainoffice@ncadv.org)

**National Crime Victim Bar Association**

Phone: Administrative: [202-467-8753](tel:202-467-8753)

Phone: Lawyer Referral Line: 800-FYI-CALL

Web: <http://www.victimbar.org>

Email: [victimbar@ncvc.org](mailto:victimbar@ncvc.org)

Offers information and lawyer referrals to crime victims seeking to sue offenders and responsible third-parties.

### **National Human Trafficking Hotline.**

We are a national anti-trafficking hotline serving victims and survivors of human trafficking and the anti-trafficking community in the United States.

Our mission is to provide human trafficking victims and survivors with access to critical support and services to get help and stay safe, and to equip the anti-trafficking community with the tools to effectively combat all forms of human trafficking. We offer round-the-clock access to a safe space to report tips, seek services, and ask for help. We also provide information, statistics, and resources on a wide range of topics related to human trafficking.

The National Hotline can also be accessed by emailing [help@humantraffickinghotline.org](mailto:help@humantraffickinghotline.org), submitting a tip through the [online tip reporting form](#), and visiting the web portal at [www.humantraffickinghotline.org](http://www.humantraffickinghotline.org).

### **The National Network to End Domestic Violence.**

The National Network to End Domestic Violence (NNEDV) is dedicated to creating a social, political and economic environment in which violence against women no longer exists.

NNEDV is the leading voice for domestic violence victims and their advocates. NNEDV works closely with its members to understand the ongoing and emerging needs of domestic violence victims and advocacy programs. Then NNEDV makes sure those needs are heard and understood by policymakers at the national level.

#### **Changing the way society responds to domestic violence.**

NNEDV offers a range of programs and initiatives to address the complex causes and far-reaching consequences of domestic violence. Through cross-sector collaborations and corporate partnerships, NNEDV offers support to victims of domestic violence who are escaping abusive relationships – and empowers survivors to build new lives.

#### **Strengthening domestic violence advocacy at every level.**

NNEDV further supports the fight to end domestic violence by providing state coalitions with critical information and resources. From training and technical assistance to innovative programs and strategic funding, NNEDV brings much-needed resources to local communities. At NNEDV's national and regional meetings, members share information and ideas with NNEDV staff and with each other, working together to develop comprehensive solutions.

[www.nnedv.org](http://www.nnedv.org)

### **National Organization for Victim Assistance**

The National Organization for Victim Assistance (NOVA) provides victim and witness assistance for criminal justice and mental health professionals, advocates, researchers, victims and survivors, and related professionals.

Hotline: 1-800-TRY-NOVA ([1-800-879-6682](tel:1-800-879-6682))



Phone: (703) 535-NOVA (6682)

Web: <http://www.trynova.org>

#### [National Resource Center on Domestic Violence](#)

#### **National Resource Center on Domestic Violence (NRCDV)**

NRCDV works to improve community response to domestic violence and to prevent its occurrence.

[www.nrcdv.org](http://www.nrcdv.org)

#### **The National Sex Offender Public Website**

The Dru Sjodin National Sex Offender Public Website (NSOPW) is a public safety resource that provides the public with access to sex offender data nationwide. NSOPW is a partnership between the U.S. Department of Justice and state, territorial, and tribal governments, working together for the safety of adults and children.

NSOPW is the only U.S. government Website that links public state, territorial, and tribal sex offender registries from one national search site. Parents, employers, and other concerned residents can utilize the Website's search tool to identify location information on sex offenders residing, working, and attending school not only in their own neighborhoods but in other nearby states and communities. In addition, the Website provides visitors with information about sexual abuse and how to protect themselves and loved ones from potential victimization.

<https://www.nsopw.gov>

#### **The National Sexual Violence Resource Center**

NSVRC's Mission is to provide leadership in preventing and responding to sexual violence through collaboration, sharing and creating resources, and promoting research. We envision a world where diversity is celebrated and all people are treated with dignity and respect and have full autonomy over their own bodies and sexual expression.

NSVRC believes that through collaboration, prevention, and research-based resources, we are making the world safer and healthier.

NSVRC understands sexual violence to be an overarching term that includes an array of behaviors, both physical and non-physical, that constitute unwanted or age-inappropriate sexual activity that can impact people of any age or gender. We believe that sexual violence is rooted in power inequities and is connected to other forms of oppression including ableism, adultism, ageism, classism, heterosexism, racism, religism, sexism and other constructs that value certain people or groups over others. NSVRC uses its national leadership position to promote dialogue and understanding of sexual violence and its prevention.

[www.nsvrc.org](http://www.nsvrc.org)

**NO MORE.**

NO MORE aims to raise public awareness and engagement around ending domestic violence and sexual assault. Launched in March 2013 by a coalition of leading advocacy groups, service providers, the U.S. Department of Justice, and major corporations, NO MORE is supported by hundreds of national and local groups and by thousands of individuals, organizations, universities, and communities who are using its signature blue symbol to increase visibility for domestic violence and sexual assault.

<http://www.nomore.org/>

**The National Sexual Violence Resource Center.**

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[www.nsvrc.org](http://www.nsvrc.org)

[http://www.nsvrc.org/sites/default/files/publications\\_nsvrc\\_factsheet\\_media-packet\\_statistics-about-sexual-violence\\_0.pdf](http://www.nsvrc.org/sites/default/files/publications_nsvrc_factsheet_media-packet_statistics-about-sexual-violence_0.pdf)

**Office on Violence Against Women**

The Office on Violence Against Women (OVW) in the US Department of Justice provides federal leadership in developing the national capacity to reduce violence against women and administer justice for and strengthen services to victims of domestic violence, dating violence, sexual assault, and stalking.

OVW does not provide services directly to the public. If you are in immediate danger, please call 911. [Find local resources on our map](#) or call one of the [national hotlines](#).

<https://www.justice.gov/ovw>

**Office on Women's Health  
US Department of Health and Human Services**

<https://www.womenshealth.gov/violence-against-women/types-of-violence/sexual-assault-and-abuse.html>

## One In Four

*One in four college women have survived rape or attempted rape.  
Statistics can change. Everyone can help.*

One in Four, Inc is a 501 (c) 3 non-profit organization dedicated to the prevention of rape by the thoughtful application of theory and research to rape prevention programming. Our presentation and prevention strategies are based in statistical research and have been shown to increase likelihood of bystander intervention in a situation where rape or sexual assault may occur.

<http://www.oneinfourusa.org/overview.php>

**Pandora's Project.** *Support and resources for survivors of rape and sexual abuse.*

Pandora's Project is a nonprofit organization dedicated to providing information, support, and resources to survivors of **rape** and **sexual abuse** and their **friends and family**. Pandora's Project offers peer support to anyone who has been a victim of rape, sexual assault, or sexual abuse through our **online support group, Pandora's Aquarium**. We believe that connecting with other rape and sexual abuse survivors is an important part of healing. Our online support group includes a message board, chat room, and blogs. It is free to **join** and is safely moderated by a diverse group of survivors.

If you are in crisis or need professional support now, check out these resources to find the help you deserve: **Crisis Support & Hotlines**

Pandora's Project offers a **message board and chat room**, free **lending library**, and numerous **articles** and **resources**. We welcome all survivors of sexual violence. If you've been a victim of stranger **rape**, acquaintance or date rape, molestation, incest, childhood **sexual abuse**, **partner or marital rape**, gang rape, or any other type of **sexual assault**, you are welcome here as you recover and reclaim your life.

<http://www.pandys.org/>

**Peaceful Heart Network.** *To ease suffering and prevent violence...."*

Peaceful Heart Network is an international non-profit org sharing info and techniques alleviating trauma. Millions of people around the world suffer from trauma. Regardless of whether this trauma is the result of a personal incident, an accident, an act of terrorism, a natural catastrophe, war or genocide – the effect is that the traumatized person no longer finds the motivation and energy to fully participate in life on a family and society level. PHN has videos, training materials and leads trainings on TTT – the Trauma Tapping Technique -- an effective method for rapidly resolving trauma and emotional distress.

[www.peacefulheart.se](http://www.peacefulheart.se)

**Pennsylvania Coalition Against Domestic Violence.**

<http://www.pcadv.org>

## PODS

PODS (Positive Outcomes for Dissociative Survivors) is a project set up in 2010 as part of the charity **START** (Survivors Trauma and Abuse Recovery Trust). PODS works to *make recovery from dissociative disorders a reality* through training, informing and supporting:  
<http://www.pods-online.org.uk/>

### **Rape, Abuse & Incest National Network.**

RAINN is the nation's largest anti-sexual violence organization and leading authority on sexual violence. We are a dynamic organization comprised of experts in victim services, public education, public policy, and technology. Our team works together to provide best-in-class services for survivors, inform and educate the nation about sexual violence, and improve the public policy and criminal justice response to sexual violence.

RAINN has programs to help survivors in all stages of recovery.

RAINN created and operates the National Sexual Assault Hotline, accessible 24/7 by **phone** (800.656.HOPE) and **online** ([online.rainn.org](http://online.rainn.org)).

We operate the **DoD Safe Helpline** for members of the Department of Defense community who have been affected by sexual assault.

We offer innovative technology and services for partners in the field, including organizations, universities, and government agencies.

We also provide training services for companies and organizations, as well as staff and volunteers at more than 1,000 **local sexual assault service provider partners**.

<http://www.rainn.org/>

### **Rape Prevention Media Campaigns**

MyStrength Campaign: <http://www.mystrength.org/>

Red Flag Campaign: <http://www.theredflagcampaign.org/>

White Ribbon Campaign: <http://www.whiteribbon.ca/>

Coaching Boys Into Men: <http://www.coaches-corner.org/>

Bringing in the Bystander: <http://www.know-your-power.org/>

### **Reachout:**

***Helping youth strengthen mental wellness through technology-driven resources and peer support.***

*In our darkest hour, the thing that we crave most is connection.* ReachOut USA seeks to meet this need for the growing number of teens and young adults who struggle with feelings of hopelessness and thoughts of suicide. By harnessing the power and accessibility of online and mobile platforms, ReachOut meets them where they are to provide vital peer-to-peer support and mental health information. These are keys to helping youth build resilience, withstand tough times and know they are not alone.

ReachOut.com, our primary online platform and avenue for outreach, connects with young people in ways traditional mental health services never could, at a fraction of the cost. ReachOut.com's message for young people is one of hope: *"You are not alone – other young people have made it through tough times."*

<http://www.reachout.com/>

**SAFER: Students Active for Ending Rape on Campus.**

Started by Columbia University students in 2000, Students Active for Ending Rape (SAFER) is the only organization that fights sexual violence and rape culture by empowering student-led campaigns to reform college sexual assault policies. Run by a volunteer collective, SAFER facilitates student organizing through a comprehensive training manual; in-person workshops and trainings; free follow-up mentoring; our Campus Sexual Assault Policies Database; and a growing online resource library and network for student organizer.

<http://www.safercampus.org/>

**The Safer Society Foundation**

A Nationwide Sex Offender Treatment Referral Service providing free referrals to programs and professionals who offer specialized sexual offender treatment. Anyone may request a referral. A list of providers located in the requested state will be e-mailed or faxed to you. The list also provides an overview of the services offered by each provider.

<http://www.safersociety.org/>

(802) 247-3132 [8.30am-5pm EST, Mon-Fri]

Fax (802) 247-4233

**Sex Addicts Anonymous**

A fellowship of men and women who share their experience, strength and hope with each other so they may overcome their sexual addiction and help others recover from sexual addiction or dependency. Electronic meetings by telephone or internet are available if no face-to-face meetings can be found.

<http://saa-recovery.org/>

Email: [info@saa-recovery.org](mailto:info@saa-recovery.org)

**SIDRAN Institute: Traumatic Stress Education and Advocacy**

A nationally-focused nonprofit organization devoted to helping people who have experienced traumatic life events. SIDRAN aims to enhance: the early recognition and treatment of trauma-related stress in children; the understanding of trauma and its effects.

<http://www.sidran.org/>

**Stalking Resource Center**

<https://victimsofcrime.org/our-programs/stalking-resource-center>

**Stalking Resource Center of the NCVC**

Hotline: 1-800-FYI-CALL

Web: <http://www.ncvc.org/src/>

Email: [SRC@NCVC.org](mailto:SRC@NCVC.org)

For Victim Assistance, call 1-800-FYI-CALL, M-F 8:30 am -8:30 pm, EST., The Stalking Resource Center, run by the National Center for Victims of Crime, offers harassment and stalking-related state and federal statutes and other related info.

**Stop It Now!**

To encourage adult abusers and those at risk of abusing to recognise their behaviour as abusive or potentially abusive and to seek help to change.

<http://www.stopitnow.com/>

Tel: 1 (888) 773-8367:

**Stop Violence Against Women**

The Stop Violence Against Women website (STOPVAW), a project of The Advocates for Human Rights, is a forum for information, advocacy and change in the promotion of women's human rights around the world.

[http://www.stopvaw.org/Stop\\_Violence\\_Against\\_Women](http://www.stopvaw.org/Stop_Violence_Against_Women)

**The Survivors Trust – UK**

The Survivors Trust (TST) is a UK-wide national umbrella agency for [141 specialist organisations](#) for support for the impact of rape, sexual violence and childhood sexual abuse throughout the UK and Ireland.

<http://www.thesurvivorstrust.org/>

**Trauma Intervention Program Inc.**

TIP is a group of trained volunteers who provide emotional aid and practical support to victims of traumatic events and their families in the first few hours following a tragedy.

TIP Volunteers are available 24 hours a day, 365 days a year. They are called by police officers, firefighters, paramedics, and hospital personnel to assist family members and friends following a natural or unexpected death; victims of violent crime including rape, assault, robbery, or burglary; victims of fire; disoriented or lonely elderly persons; people involved in motor vehicle accidents; people who are distraught and seeking immediate support; and survivors of suicide.

[www.tipnational.org](http://www.tipnational.org)

**Victim Connect Resource Center**

The VictimConnect Resource Center is a place for victims of all crime to learn about their rights and options, confidentially and compassionately. VictimConnect can be accessed anywhere in the United States through a traditional telephone-based helpline and innovative text and online chat services Monday through Friday. Services are available in English and Spanish and interpreters for more than 200 languages can be accessed. Victim assistance specialists help people who reach out find appropriate national, local, or online resources. Additionally, [victimconnect.org](http://victimconnect.org) has information regarding types of crime, crime statistics, and maintains a searchable online directory for crime victim service providers.

Hotline: Phone & Text Helpline: 1-855-4-VICTIM ([1-855-484-2846](tel:1-855-484-2846))

[www.victimconnect.org](http://www.victimconnect.org)

**Women's Shelters:** A nationwide directory of shelters for women.

[https://www.womenshelters.org/#state\\_list](https://www.womenshelters.org/#state_list)

**Working To Halt Online Abuse**

WHOA is a volunteer organization founded in 1997 to fight online harassment through education of the general public, education of law enforcement personnel, and empowerment of victims.

<http://www.haltabuse.org/>

**Women's Law Project:**

Eliminating Gender Bias in Police Response to Sexual & Domestic Violence

[www.womenslawproject.org](http://www.womenslawproject.org)

**Witness Justice**

Witness Justice is a national nonprofit organization committed to directly serving survivors of violent crime in the U.S. Our goal is to provide trauma victims and their loved ones with access to information and support to promote healing (physically, psychologically and spiritually) and to establish a sense of personal justice, no matter where they live or the nature of the violent crime committed against them.

Phone: 1-800-4WJ-HELP

Web: <http://www.witnessjustice.org>

**U.S. Government Resources for Survivors:****Administration for Children and Families - Human Trafficking**

ACF is committed to ensuring that victims of all forms of human trafficking -- adults and children; foreign national, citizens, and legal residents; survivors of labor and sexual exploitation -- have access to the support they need.

<http://www.acf.hhs.gov/program-topics/human-trafficking-0>

**CDC Centers for Disease Control & Prevention:**

Rape Prevention & Education: Transforming Communities to Prevent Sexual Violence

<https://www.cdc.gov/ViolencePrevention/RPE/index.html>

**Military Sexual Trauma**

DoD [Safe Helpline](#) provides live, one-on-one support and information to the worldwide DoD community. The service is confidential, anonymous, secure, and available worldwide, 24/7—providing survivors with the help they need anytime, anywhere.

- Call the Telephone Helpline at [877.995.5247](tel:877.995.5247). The phone number is the same inside the U.S. or via the DSN.
- Visit the Online Helpline at [SafeHelpline.org](http://SafeHelpline.org) for live, confidential help through a secure instant-messaging format.

- Visit [Safe HelpRoom](#) to connect to a secure community of survivors that can meet to help each other in a safe, moderated, online platform, 24/7. Visit the online chatroom at [SafeHelpRoom.org](#).
- Download the free [Self-Care App](#) (iOS and Android) to create a customized self-care plan and connect to all of the Safe Helpline resources from anywhere in the world. Self-care plans and exercises can be accessed any time, even without an internet connection. Users can also use the App to call the Telephone Helpline for free using Voice over IP (VoIP) technology.
- Text your ZIP code or installation/base name to 55-247 (in the U.S.) or [202.470.5546](#) (outside the U.S.), and you will receive a text back with contact information for the resource you requested. (Message and data rates may apply.)

### **Office for Victims of Crime, Directory of Crime Victim Services**

Links to programs and services available to crime victims.

<https://ovc.ncjrs.gov/findvictimservices/>

### **Women and Trauma: Trauma Informed Approaches: Federal Activities and Initiatives.**

This report documents the projects, programs, and initiatives of more than three dozen federal agencies, departments, and offices. With agencies' commitment to implementing gender-responsive, trauma-informed approaches, this report addresses the growing national interest in this issue, and the specific progress that participating agencies have made over the past three years (2010-2013).

<http://www.nasmhpd.org/content/federal-partners-committee-women-and-trauma-report>

### **Children's Resources**

*CAPA (Child Abuse Prevention Association)*

<http://www.childabuseprevention.org>

816-252-8388

*CALM (Child Abuse Listening and Mediation)*

<http://www.calm4kids.org>

805-965-2376

805-963-6707 fax

*Prevent Child Abuse America*

<http://www.preventchildabuse.org>

312-663-3520

312-939-8962 fax



*Childhelp USA–National Child Abuse Hotline*

1-800-4-A-CHILD

1-800-2-A-CHILD

### **Additional Resources for Survivors:**

“Healing the pain of the false guilt of suffering pleasant sensations while being sexually abused.”

[http://www.net-burst.net/hope/abuse\\_pleasure.htm](http://www.net-burst.net/hope/abuse_pleasure.htm)

Comfort, Understanding and Healing for Abuse Survivors:

[http://www.net-burst.net/sex\\_abuse/abuse\\_survivor.htm](http://www.net-burst.net/sex_abuse/abuse_survivor.htm)

Relaxation techniques for Stress Relief: <http://www.helpguide.org/articles/stress/relaxation-techniques-for-stress-relief.htm>

### **Risk Reduction Workbook for Parents and Caregivers of Individuals with Intellectual and Developmental Disabilities**

Children and adults with cognitive and communication disabilities become victims of abuse at rates that exceed the rates for those without disabilities. Many cannot talk or communicate in any way. Some are unable to communicate verbally and use communication techniques that do not include words or symbols that depict abuse. Others have limited verbal communication skills, and still others have excellent communication skills but intellectual disabilities. Most have difficulty communicating that they are victims of abuse. Parents want their children to be safe, but fear attending informational programs that address the topic.

In general, prevention programs seek to stop abuse by recommending “by-stander intervention” after the abuse happens. The Risk Reduction program begins today, before the abuse occurs. We use a preparation concept, like for earthquakes, floods and disasters. The book details how to design an Individual Response Plan (IRP) for each child or vulnerable adult, based on that individual’s ability to learn and act. This is done as a team, with the child and the parents each having a plan. We have found that not only does this approach increase the vulnerable person’s skills in identifying potential problem people or situations, but increases their confidence in knowing what to do if another abuse occurs. Finally, it decreases the psychological impact of abuses that occur after the plan has been made and practiced. Many have said that this should be done by those without disabilities, with which we agree! *Perpetrators have a plan...we should have one also.* More information about the books are available at:

<http://www.disabilityandabuse.org/>

## **Rule Out Abuse: Educational Campaign for Physicians attending Patients with Developmental Disabilities**

There are many parents whose children with disabilities (minors and adults), attend programs, such as school, after-school and day care, work and community programs, with the potential of being abused. Parents seem to have a belief that all who work at the schools and other programs, are good, kind professionals. When their children begin to come home with marks on their bodies (bruises, cuts, scrapes) and/or resist going to school, they do not know what to make of it. While they know the marks were not present prior to going to the program, they cannot believe the school or other program is responsible. They take their child to their physician, who, upon taking the history of often months of these bodily injuries combined with changes in appetite, sleep patterns, and mood, who also does not think of abuse as a possible contributor. Encouraging the physicians to add abuse to the possible list of contributors to the child's list of symptoms is a good step. Our project has developed the **Rule Out Abuse: Education Campaign for Physicians**.  
[www.disabilityandabuse.com](http://www.disabilityandabuse.com)

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