

RESOURCES:

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If you or someone you know is struggling with any of the following things, please reach out for help. You are not alone and there are people who can help.

Domestic Violence:

-National Domestic Hotline:

- Call 1-800-799-7233
- Text "BEGIN" to 88788
- [The National Domestic Website](#)
- [Local Resources and Help](#)

-Women Law (Provides Legal Help to victims):

- <https://www.womenslaw.org/>

-Domestic Violence Shelters

- <https://www.domesticshelters.org/>

Domestic Violence Podcasts:

- [A List of DV Podcasts](#)

Rape Survivors:

-National Sexual Assault Hotline:

- Call 1-800-656-HOPE(4673)
- [Website for Rainn.org](#)
- [After Sexual Assault](#)
- [Laws in your State](#)
- [How You Can Help a Survivor of SA](#)

-National Assault Survivors' Resources:

- <https://www.nsvrc.org/survivors>
- [After Sexual Assault: Find Help](#)

-Sexual Assault Kit Initiative:

- <https://www.sakitta.org/survivors/>

-Joyful Heart Foundation:

- [For Survivors Main Site](#)
- [Know the Signs of Sexual Assault](#)
- [Sexual Assault and Rape Resources](#)

Child Abuse:

-National Child Abuse Hotline:

- <https://www.childhelp.org/hotline/>
- Call or Text 1-800-422-4453
- [How To Find Local Help and Report Child Abuse](#)

Suicide Prevention and Help:

-988 Lifeline:

- Call or text 988
- [988 Main Website](#)
- [Help Someone Else](#)
- [Help Yourself](#)

-Suicide Prevention Services of America:

- [Main Website](#)
- [I need Help](#)

2SLGBTQIA RESOURCES:

-GLAAD:

- [Resource List](#)

-Trevor Project:

- [Main Site](#)
- Call 1-866-488-7386
- Text 678-678
- [Reach a Counselor](#)

PFLAG:

- [Main Website](#)
- [Find Support for \(You or Family\)](#)
 - [Resources](#)

-Human Rights Campaign:

- [Main Website](#)
- [Resources](#)