

NOTE: This list will continue to be updated. Please DM me on IG @mykintsugimind or email mentalhealthmaya@gmail.com if you have any questions/concerns/any of the links don't work

Hotlines/Emergency Services

IN THE US:

- [National sexual assault hotline](#): 800.656.HOPE (4673)
- [National domestic assault hotline](#): 1-800-799-7233
- [Darkness to Light - child sexual abuse prevention](#): CALL 866.FOR.LIGHT OR TEXT "LIGHT" TO 741741
- [Love is Respect - relationship abuse](#): Call 1-866-331-9474 or text "loveis" to 22522
- [Abused Deaf Women's Advocacy Services](#): Call at 1-855-812-1001, open up a live chat on website, or email at nationaldeafhotline@adwas.org.
- [VictimConnect – Confidential referrals for crime victims](#)
- [What you can do if you've been raped](#)

INTERNATIONAL:

- [Compilation of hotlines for around the world](#)

United Kingdom

- [Find a rape crisis center](#) or call 0808 802 9999
- [National Lesbian, Gay, Bisexual and Trans* \(LGBT\) Domestic Violence Helpline](#): 0300 999 5428
- [Bright Sky App](#) - allows you to log private journal entries sent to your chosen email address, find help near you and learn more about domestic abuse, including warning signs and myths

Australia

- [1800 Respect](#) - National Sexual Assault and Domestic Abuse Counseling Services: call 1800 737 732
- [Canberra Rape Crisis Center](#) - call 6247 2525
- [NSW Rape Crisis Center](#) - call 1800 424 017
- [Queensland Sexual Assault Helpline](#) - call 1800 811 811
- [Tasmania Sexual Assault Support Service](#) - call 1800 697 877

Japan

- [TELL Japan](#): support and counseling for international community - call 03 5774 0992
- Women's Hotline Yokohama - call 04 4271 0091
- Rape Crisis Centre Tokyo: 0334-91-6284
- Emergency Interpretation Service (for Medical Institutions) Tokyo: call 03 5285 8185

Intro to Sexual Assault, Violence, and Harassment

- What is sexual violence? [About Sexual Assault | National Sexual Violence Resource Center](#)
- [Title IX](#) pages 39-45 (focusing on assault and harassment particularly in the school/college environment)
- [Common scenarios of rape / “was it rape?”](#)
- [Sexual abuse vs assault vs harassment brief overview](#)
- [Sexual assault on campuses](#)
- [What is “rape culture”](#)
- [How to ask for consent](#)
- [25 “everyday” examples of rape culture](#)
- [List of e-pamphlets on childhood & teenager sexual abuse](#)
- [Debunking common myths about sexual assault](#)
- [What is gaslighting and how it affects survivors](#)
- [“Subtle” forms of sexual abuse in an intimate relationship](#)

For survivors

- [Help guide to recovering from sexual assault and trauma](#)
- [Anniversary Reactions: A Survivor's Guide on How to Cope](#)
- [Self-help guide for survivors of rape and sexual assault](#)
- [How to deal with triggering news headlines](#)
- [How to block triggering words on your Facebook feed](#)
- [The Atlantic article: there is no right way to respond to rape](#)
- [What happens when you report a rape](#)
- [When to tell a new partner you're a sexual assault survivor](#)
- [Find a sexual abuse therapist](#)
- [How to cope with flashbacks](#)
- [What is EMDR therapy?](#)

For friends, families and allies

- [PCAR pamphlet for friends & family of survivors](#)
- [NYTimes article on how to support survivors](#)
- [Quick “do’s” and “don’t’s” in supporting survivors](#)
- [Coping with the shock of intrafamilial sexual abuse](#)
- [How to avoid victim-blaming](#)
- [How to talk about relationship abuse](#)
- [How to navigate sexual violence in the workplace](#)
- [Course listings \(English and Spanish\) for See the Signs and Speak Out](#)
- [How to be a male ally to survivors](#)
- [Showing Up: How we see, speak and disrupt racial inequity facing survivors](#)
- [Advocate guide for allies, friends and family of LGBTQ+ survivors](#)
- [Read up on sexual violence against Indigenous/Native women](#)
- [6 ways you may be slutshaming without realizing it](#)

Why don't survivors report?

- <https://journalistsresource.org/economics/sexual-assault-report-why-research/>
- <https://www.nytimes.com/2018/09/18/us/kavanaugh-christine-blasey-ford.html>
- <https://www.rainn.org/statistics/criminal-justice-system>
- <https://www.cnn.com/2018/10/19/us/police-sexual-assaults-maryland-scope>
- <https://www.thetimes.co.uk/article/domestic-abuse-victims-failed-by-criminal-justice-system-fx65rrtb3>
- <https://www.vice.com/en/article/3kevpv/why-i-didnt-report-my-rape-essay>
- <https://www.psychologytoday.com/us/blog/the-compassion-chronicles/201809/stop-shaming-victims-sexual-assault-not-reporting>

Resources specifically for LGBTQ+ survivors and minorities

(please note: this is not to say that the above resources can't also be helpful BUT to acknowledge that LGBTQ+ and POC survivors are often overlooked in those conversations and do face unique struggles when it comes to sexual violence)

- [Resources for asexual survivors](#)
- ["When you're an asexual assault survivor" Buzzfeed article](#)
- [Self-help guide for trans sexual violence survivors](#)
- [Trans survivor guide to accessing therapy](#)
- [The Network La Red - hotline for LGBTQ, poly, and kink/BDSM survivors](#): 800-832-1901 (Toll-Free)
- [An open letter to Two Spirit and Native queer survivors](#)
- [National organization of Sisters of Color Ending Sexual Assault](#)
- [1 in 6- organization for male-identifying survivors](#)
- [TIMES article about sexual violence against sex workers](#)

Books, podcasts, songs

Books

- ["The Body Keeps the Score"](#) by Bessel van der Kolk- addressing the physical and mental intersections of trauma, calling upon his own work with trauma patients
- ["The Anatomy of Silence"](#) by Cyra Perry Dougherty - a collection of personal stories about the oppression and silencing that sexual violence survivors go through
- ["Know My Name"](#) by Chanel Miller
- ["The Purity Myth"](#) by Jessica Valenti - talks about how America's obsession with virginity and female purity is damaging the lives of young women
- ["Not That Bad"](#) by Roxane Gay - a critical look into rape culture, victim-blaming, and systemic dysfunction (NOTE: Big trigger warning for this one)
- ["Queering Sexual Violence"](#) by Jennifer Patterson - an absolute POWERHOUSE of stories and narratives about disability justice, sex worker rights, healing justice, racial justice, gender self-determination, queer & trans liberation, and more
- ["It Wasn't Your Fault: Freeing Yourself from the Shame of Childhood Abuse with the Power of Self-Compassion"](#) by Beverly Engel

- [**“Asking for It: The Alarming Rise of Rape Culture and What We Can Do About It”**](#) by **Kate Harding** - looking at the rise of rape culture (in the US especially) and how systems support perpetrators more than survivors, suggestions on how to break this culture
- [**“I Still Believe Anita Hill: Three Generations Discuss the Legacy of Speaking the Truth to Power”**](#) by **Amy Richards** and **Cynthia Greenberg** - analysis on the Anita Hill case and the intersection of politics, race, sexual harassment, and gender violence
- [**“What We Talk About When We Talk About Rape”**](#) by **Sohaila Abdulali** - an examination of sexual assault and the global discourse on rape told through the perspective of a survivor, writer, counselor, and activist
- [**“Getting Past Your Past: Take Control of Your Life with Self-Help Techniques from EMDR Therapy”**](#) by **Francine Shapiro** - a self-help guide for those with PTSD utilizing EMDR psychotherapy techniques you can do yourself
- [**“Love WITH Accountability: Digging Up the Roots of Child Sexual Abuse”**](#) by **Aisha Shahida Simmons** - an anthology about childhood sexual abuse especially focused on diasporic Black communities

Podcasts

- [**After: Surviving Sexual Assault**](#) - Catriona Morton talks to fellow survivors of sexual assault and abuse about what happened to them and how they cope now
- [**Survivor Sisters: Navigating Title IX with Kat McGee**](#)
- [**Dear Sugars: Episodes We Love - Can a Sexual Assault Survivor Love a Rapist?**](#)
- [**Therapy for Black Girls- Healing After A Sexual Assault**](#)
- [**The Beautiful People Podcast- The Reasons I’m Always Afraid**](#)
- [**Oprah’s SuperSoul Conversations - Know My Name w/ Chanel Miller**](#)

Songs that have facilitated my healing (and hopefully yours too):

- Everybody Loves You - Charlotte Lawrence
- Til It Happens To You - Lady Gaga
- Human - Christina Perri
- I Believe You - FLETCHER
- Praying - Kesha
- You’ve Got Your Whole Life Ahead Of You - IDER
- i can’t breathe - Bea Miller
- I’m In Here - Sia
- Quiet - MILCK
- you broke me first - Tate McRae
- You Don’t Know - Katelyn Tarver

Instagrams

- [**Nice For What MVMT**](#) - A movement helping college girls take back their power
- [**Heather Tuba**](#) - for supporters & loved ones of those dealing with cPTSD/PTSD
- [**Unapologetically Surviving**](#) - community of trauma survivors, supporters & allies
- [**Survivor Love Letter**](#) - a call for survivors of sexual violence & their loved ones to publicly celebrate their lives
- [**Healing from PTSD**](#) - easy-to-digest PTSD healing and education graphics

- [Why I Didn't Report](#) - a collection of stories countering the problematic narrative of "Why didn't you speak up earlier?"
- [Taking Me Back](#) - stories, stats, resources and more to combat rape culture
- [We Are Her](#) - community of survivors and those recovering from sexual trauma
- [Mind Geek](#) - great graphics related to healthy relationships, relationship abuse, gaslighting and more