

RESOURCES & ACTION ITEMS

Healing from and fighting against sexual assault and harassment at Harvard.

Compiled by [Response Peer Counseling](#)

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NON-HARVARD RESOURCES

General Hotlines, Textlines, & Web Chats for Crisis Support

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[National Sexual Assault Online Hotline \(Learn more\)](#)

[Boston Area Rape Crisis Center Hotline & Web Chat \(Learn More\)](#)

[Deaf or hard of hearing? Use Mass Relay at 800-439-2370 and ask to be connected to the hotline number](#)

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[Trans LifeLine \(Learn More\)](#)

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NON-HARVARD RESOURCES

(free, anonymous, confidential)

General Hotlines, Textlines, & Web Chats for Crisis Support

National Sexual Assault Telephone Hotline ([Learn more](#))

800.656.HOPE (4673)

- Confidential support from a trained staff member
- Connects to a trained staff member from a local sexual assault service provider (you will be routed to a local RAINN affiliate organization based on your phone number)
- Some local services are 24/7, some are regular business hours
- Services include:
 - Support finding a local health facility that is trained to care for survivors of sexual assault and offers services like sexual assault forensic exams
 - Someone to help you talk through what happened
 - Local resources that can assist with your next steps toward healing and recovery
 - Referrals for long term support in your area
 - Information about the laws in your community
 - Basic information about medical concerns

National Sexual Assault Online Hotline ([Learn more](#))

[Web Chat](#) (24/7)

- Confidential support from a trained support specialist
- Someone to help you talk through what happened
- Resources that can assist with your next steps toward healing and recovery
- Referrals for long term support in your area
- Information about the laws and resources in your community

Boston Area Rape Crisis Center Hotline & Web Chat ([Learn More](#))

Hotline (24/7): 800-841-8371

[Web Chat](#) (9am-11pm EDT, daily)

- Highly trained and supervised rape crisis counselors
- Hotline is free and confidential
- Web chat works on mobile browsers

- Counselors can:
 - Help you understand your options
 - Listen to you and provide support for your needs in the moment
 - Support you any time in the healing process
 - Get you access to services at BARCC and in your community
- **Deaf or hard of hearing? Use Mass Relay at 800-439-2370 and ask to be connected to the hotline number**

Casa Myrna SafeLink Hotline ([Learn More](#))

(877) 785-2020 (24/7)

- Trained advocate provides non-judgmental support, assistance with safety planning, and information on appropriate resources
- People who are Deaf and hard of hearing can reach SafeLink through the [Mass Relay service](#):
 - Dial 711 in Massachusetts.
 - From anywhere else, dial 1-800-439-0183 for English or 1- 800-930-9252 for Spanish.
 - Ask to be connected to the hotline (1-877-785-2020).
- Call SafeLink for:
 - Safety planning resources for survivors to learn how they and their families can stay safe.
 - A safe and confidential space in which to talk about your relationship or someone else's
 - A direct connection to domestic violence programs across Massachusetts
 - Referrals to local domestic violence and other community resources
 - Support and resources for anyone who is concerned about a victim of domestic violence
 - Information about domestic and dating violence

Crisis Text Line ([Learn More](#))

Text HOME to 741741 (24/7, US & Canada)

Message on [Facebook](#)

- Trained volunteer Crisis Counselors
- Usually takes less than 5 minutes to connect with support; may take longer during high-traffic times
- Crisis Counselor will help you sort through your feelings by asking questions, empathizing, and actively listening
- Goal of any conversation is to get you to a calm, safe place (sometimes that means providing you with a referral to further help, and sometimes it just means being there and listening)
- A conversation usually lasts anywhere from 15-45 minutes

Other organizations doing similar work:

- **Loveisrespect.org ([Learn more](#))**
 - Highly-trained advocates who can offer support, information, and advocacy to young people who have questions or concerns about their dating relationships
 - Free and confidential phone, live chat, and texting services are available 24/7/365
 - Chat at www.loveisrespect.org
 - Text LOVEIS to 22522 (Msg&Data Rates apply on text for help services)
 - Call 1-866-331-9474
 - **Safe Horizon ([Learn more](#))**
 - 24 hour hotline at 1-800-621-HOPE (4673)
 - SafeChat hours of operation: Mon. – Fri. 9 am – 6 pm EDT
 - One-on-one chat session with a Safe Horizon client advocate trained in supporting those who have experienced violence, crime, and abuse in New York City
 - Learn more about SafeChat [here](#)
 - **Day One NY ([Learn more](#))**
 - Helpline: 811.214.4150, Text: 646.535.DAY1
 - NYC based, free services for people under 24
 - Invests in young people maintaining safe relationships with themselves and their peers
 - Counseling and case management support, legal services, educational outreach
 - Services available in English and Spanish
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Support Groups

Pandora's Project ([Learn More](#))

- “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.”

Sexual Assault Survivor Support Groups ([Learn More](#))

- “A safe and supportive space for survivors to discuss experiences of sexual violence, receive support from other survivors, and learn skills to help in the journey of healing.”
- “If you would like to join this drop-in support group, email jsherrod@healthimperatives.org or call or text us at 508-562-1084. Staff will conduct a brief pre-registration/group orientation in order to ensure safety and confidentiality of all members.”
- Weekly meetings on Tuesdays (10 am to 11 am EDT)

Support & Healing Group for Survivors of Sexual Violence ([Learn More](#))

- “This group is for survivors of sexual abuse and/or violence who want to understand their trauma, increase their coping skills, and find hope. This group is open to all genders and people who are 16 or older. Complete our [Support Group Interest Form](#) and an Alexandra House staff member will contact you within three (3) business days for a pre-screening phone call.
- Weekly meetings on Wednesdays (6:30 pm to 8pm EDT)

Identity-Centered Support

Black Women’s Blueprint ([Learn More](#))

347-533-9102 or 347-533-9103

- Specializes in helping traumatized women, cis and trans and LGBTQ survivors of crime and abuse
- Help for Sexual Assault and Rape Survivors: Community Programs
 - Crisis Intervention
 - Case Management
 - Practical/Emergency Assistance
 - Information and Referrals
 - Individual Counseling
 - Support Groups/Healing Circles and Sister Circles Via Web and Face to Face.
 - Advocacy
 - Community Education Presentations

StrongHearts Native Helpline ([Learn More](#))

1-844-7NATIVE (1-844-762-8483)

- Safe domestic violence and dating violence helpline for American Indians and Alaska Natives, offering culturally-appropriate support and advocacy
- Anonymous and confidential
- Available 7 am to 10 pm CST, seven days a week

Asian Task Force Against Domestic Violence ([Learn more](#))

617-338-2355 (24/7, multilingual helpline)

- Services in greater Boston and greater Lowell, limited service through Massachusetts and New England
- Services in 18 Asian languages and dialects

- Multilingual emergency shelter, information and referrals, legal services and mental health counseling

NYC Anti-Violence Project ([Learn More](#))

212-714-1141 (24/7, English/Spanish)

- Direct client services to LGBTQ & HIV-affected survivors of all forms of violence, including hate violence, intimate partner violence, sexual violence, pick-up violence, and institutional violence in all five boroughs of New York City
- If you're interested in counseling, please call our hotline at 212-714-1141 or use [this form](#), and someone will get back to you within 24-48 hours.
- 24/7 English/Spanish hotline

The Network/La Red ([Learn More](#))

617-742-4911 (voice) 800-832-1901 (toll free) (24/7)

- Survivor-led, social justice organization that works to end partner abuse in lesbian, gay, bisexual, transgender, SM, polyamorous, and queer communities
- 24 hour confidential [hotline](#) at 617-742-4911 (voice) 800-832-1901 (toll free)
 - Also offers information and support to friends, family, or co-workers on the issue of domestic violence in LGBTQ/T communities
 - Hotline staff are trained in domestic violence, peer counseling, crisis intervention, and safety planning
- Telephone [support group](#) for survivors

Trans LifeLine ([Learn More](#))

877-565-8860 (24/7)

- Peer support for Trans and questioning folks
- Staffed exclusively by Trans operators
- Only crisis line with a policy against non-consensual active rescue, which means they will not notify authorities if you are in danger without your explicit consent

National Deaf Domestic Violence Hotline ([Learn more](#))

855-812-1001 (24/7)

nationaldeafhotline@adwas.org

- Advocates available through video phone, live chat, and email for Deaf, DeafBlind, DeafDisabled survivors
- Live [online chat](#) services available 24/7

1 in 6: National Helpline for Men Who Were Sexually Abused or Assaulted ([Learn more](#))

- Resource for male survivors
- 24/7 helpline chat [here](#)
- Weekly chat based support group [here](#)

To find additional local organizations, search through the National Sexual Violence Resource Center (NSVRC) [Directory of Organizations](#).

Mental Health & Self Care

Find therapy, counseling, and support options:

- [Find a Therapist, Psychologist, Counselor](#) (Psychology Today)
- [Find The Best Therapists & Psychiatrists Near You](#) (Zencare.co)
- [Black Virtual Therapist Network](#)
 - Directory of licensed Black therapists certified to provide telemental health services
- [Therapy for Black Women](#)
 - Online space dedicated to encouraging mental wellness of Black women and girls
 - Includes therapist directory
- [Black Mental Health Resource List](#)
 - Information and resources from National Alliance on Mental Illness
- [The Trevor Project](#)
 - Support network for LGBTQ youth providing crisis intervention and suicide prevention, including a 24-hour text line (Text “START” to 678678)
- [LGBT National Help Center](#)
 - Confidential peer support connections for LGBT youth, adults and seniors including phone, text and online chat

Other methods of self-care:

- [Self Care During Covid-19 Activity Book](#) (Arizona Coalition to End Sexual and Domestic Violence)
- [Virtual Survivor Support Workshops](#) (BARCC)
 - Videos that explore self care, coping, and connection for survivors
 - Workshops also available in Spanish
- [7 Cups: Online Therapy & Free Counseling, Someone To Talk To](#)

- Online emotional support service
- 24/7 chat online with volunteer listeners

HARVARD RESOURCES

CAMHS: Counseling and Mental Health Services ([Learn more](#))

4th Floor, Smith Campus Center

(617) 495-2042

- Receive individual or group counseling, therapy, or other medical management
- Providing treatment via Zoom telemedicine visits
- [Group workshops](#) available
- New patients can request a 20 min phone consultation in the [Patient Portal](#)
- Student Health Fee: eligible to be seen at CAMHS/HUHS for free
- Same day appointments: 45 minute session for students who have never been seen in CAMHS before
- Responsible for cost outside of HUHS
- Appropriate for medical attention regarding mental health or trauma
- Confidential within Harvard, and also confidential with legal privilege (cannot be subpoenaed)

OSAPR: Office of Sexual Assault Prevention and Response ([Learn more](#))

(617) 495-9100 (24/7 confidential hotline)

osapr@harvard.edu

- Talk with a trained counselor
- Able to schedule phone consultations through email
- Receive emotional support and experienced guidance
- Learn about options for reporting or dealing with sexual assault
- Request a staff member for escort to a medical facility
- Confidential within Harvard and also confidential with legal privilege (cannot be subpoenaed) when OSAPR staff act as rape crisis counselors

Title IX Office ([Learn more](#))

(617) 496-0200 (business hours)

[Contact procedures for Spring 2020](#) (can schedule meetings through Zoom during business hours)

- Responsible for responding to cases of sex/gender discrimination or harassment
- Learn about all the resources available at Harvard

- Seek help lodging a formal complaint with ODR (Office of Dispute Resolution), can be against students, staff members, or faculty
- Seek an informal resolution (~2-3 weeks, requires an investigation by ODR)
- Request that interim measures be put into place
 - e.g. restrictions on contact, academic schedule alterations, housing changes
- Not strictly confidential (in court or within Harvard), but in reality, student information almost never goes anywhere, and if so, students will know where it goes

Harvard College Title IX Coordinators:

Erin Clark
erin_clark@fas.harvard.edu
 (617) 496-3336

Brian Libby
blibby@fas.harvard.edu
 (617) 384-6943

CARE Tutors ([Learn more](#))

- Receive training from OSAPR
- Provide support, counseling, and residential guidance within each house
- Knowledgeable about campus resources and university-wide Title IX policy
- Non-confidential. They must report to the Title IX coordinator.

TAKE ACTION

To Read

- [About Sexual Assault](#) (RAINN: Rape, Abuse, and Incest National Network)
- [Actions for Solidarity: #BlackTransLivesMatter](#) (Wonderful Google document that includes information, resources, actions)
- [Black women, the forgotten survivors of sexual assault](#) (American Psychological Association)
- [Statistics on Black women and sexual assault](#) (The National Center on Violence Against Women in the Black Community)
- [There Is No #MeToo Without Black Women](#) (Healthline)
- [Mental Health and COVID-19 – Information and Resources](#) (Mental Health America)

To Sign

[Justice for Toyin Salau](#)

To Support

- [6 Ways You Can Support Survivors Online During Sexual Assault Awareness Month](#) (National Sexual Violence Resource Center)
- [How to Help a Friend](#) (La Red)

To Donate

Donate to all above organizations, including:

- [RAINN \(Rape, Abuse, and Incest National Network\)](#)
- [BlackWomensBlueprint.Org | Black Feminist Organizing](#)
 - Progressive research, historical documentation, policy advocacy, organizing focused on the struggles of Black women
- [Trans Women of Color Collective](#)
 - Through healing and restorative justice + health initiatives, building a network of trans, non-binary Black and people of color
- [INCITE](#)
 - Feminist-of-color led movement against violence
- [Black Women's Health Imperative](#)
 - National organization dedicated to improving health and wellness—physically, emotionally, and financially—of nation's 21 million Black women and girls
- [Me Too Movement](#)
- [Ujima: National Center on Violence Against Women in the Black Community](#)
 - National resource center to provide support to and be a voice for the Black community in response to domestic, sexual, community violence
- [Joyful Heart Foundation](#)
 - Education and advocacy for innovative approaches to treating trauma, igniting shifts in the way the public views sexual assault, reforming and advancing legislation