

You Are Not Alone

*If you or someone you know has experienced unwanted sexual contact, physical or emotional abuse, or any other form of sexual and gender based violence, please remember that **you are not alone.***

Below we have listed national confidential hotlines that are staffed 24/7 with trained counselors to answer your questions and provide you with support.

If you are in immediate danger or need emergency help, please call 911.

National Sexual Assault Hotline:	1-800-656-4673
National Domestic Violence Hotline:	1-800-799-7233
RAINN National Sexual Assault <i>Online</i> Hotline:	ohl.rainn.org/online
The ChildHelp National Child Abuse Hotline:	1-800-422-4453
National Teen Dating Abuse Helpline:	1-866-331-9474
National Suicide Prevention Lifeline:	1-800-273-8255
Military "Safe Helpline":	1-877-995-5247

Helpful Websites

National Coalition Against Domestic Violence	www.ncadv.org
National Center for Victims of Crime	www.ncvc.org
Rape, Abuse, Incest National Network	www.rainn.org
National Sexual Violence Resource Center	www.nsvrc.org
National Resource Center on Domestic Violence	www.nrcdv.org
Darkness to Light: End Child Sexual Abuse	www.darkness2light.org
Male Survivor: Overcoming Sexual Victimization of Boys and Men	Malesurvivor.org



www.wewillspeakout.us