RESOURCES FOR SURVIVORS

If you or someone you know is a survivor of sexual abuse and seeking resources or help, the following resources are available for you.

• Check out The Ready to Respond Handbook by CARE, a guide to support athletes through abuse, harassment and trauma in sport

• Call the National Sexual Assault Hotline at 800 656 HOPE

• Call the Childhelp National Child Abuse Hotline at 1 800 4 A CHILD

• Visit National Suicide Prevention Hotline or call 800-273-8255

• Visit The Trevor Project or call 1-866-488-7386

• Reach the National Helpline for Men Who Were Sexually Abused or Assaulted at tin6.org/helpline

• Visit Domestic Violence Helpline or call 800-799-7233

• Visit Substance Abuse & Mental Health Services or call 800-662-4357

• Visit Trans Lifeline or call 877-565-8860

• Visit Drug Rehab or call 877-589-4784 (24/7)