

***Healing Resources for Survivors***

***RAINN--Rape, Abuse & Incest National Network |*** [*www.rainn.org*](http://www.rainn.org)

* Support, resources and information for survivors of sexual assault of all kinds
* Tips for online dating, teen dating & safe dating practices, college campus safety
* Protecting children from sexual abuse tips, how to recognize “grooming” practices

1-800-656-HOPE (4673) \*available 24/7

Online Chat (avail in English & Spanish): [www.online.rainn.org](http://www.online.rainn.org)

***SNAP--Survivors Network of those Abused by Priests |*** [*www.snapnetwork.org*](http://www.snapnetwork.org)

* Support groups, legal resources and information for those who have been abused by religious and institutional authorities (pastors, priests, nuns, coaches, teachers, etc.)
* Educational information for advocates

1-877-SNAP-HEALS (1-877-762-7432)

***National Suicide & Crisis Hotline |*** [*www.988lifeline.org*](http://www.988lifeline.org)

* National network of crisis centers
* Suicide or emotional crisis assistance
* Specialized resources for people of color, veterans, persons identifying as LGBTQ+, suicide attempt survivors, bereaved, maternal mental health, disaster survivors
* English, Spanish, Deaf/hard of hearing options

Dial: 988 \*available 24/7

\*\*NSCH Resources for people of color:

<https://988lifeline.org/help-yourself/black-mental-health/>

***Therapy for Black Girls |*** [*www.therapyforblackgirls.com*](http://www.therapyforblackgirls.com)

* Resources, therapists directory, information for teens and adult women
* Black Girls University (articles and resources for college-age girls)

Crisis TEXT Line: text TRIBE to 741741 to chat with someone 24/7

Email: [info@therapyforblackgirls.com](mailto:info@therapyforblackgirls.com)

***Therapy for Black Men |*** [*www.therapyforblackmen.org*](http://www.therapyforblackmen.org)

* Resources, therapists directory, information for mental health support for men
* NOT a crisis line, pls call 988 if needing immediate assistance

##### Call: (646) 780-8278 (7 days a week, 9am-5pm EST)

Email: [info@therapyforblackmen.org](mailto:info@therapyforblackmen.org)

OTHERS:

***National Child Abuse Hotline***

1.800.422.4453

[www.childhelp.org](http://www.childhelp.org)

***National Domestic Violence Hotline***

1.800.799.7233  
[www.thehotline.org](http://www.thehotline.org)

***National Teen Dating Abuse Helpline***

1.866.331.9474

[www.loveisrespect.org](http://www.loveisrespect.org)

***National Suicide Prevention Lifeline***

1.800.273.8255  \*available 24/7

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)