

- [RAINN](#), America's largest anti-sexual violence organization, has the most current and comprehensive information about [recovering from sexual abuse](#), the [grooming](#) process, statistics, personal stories from survivors, and more. Their [Safety and Prevention](#) page has information and resources about what consent is, safety tips for students, how to respond if someone pressures you for sexual activity, and more. They also run a 24/7 hotline for crisis intervention, referrals, and emotional support at 800-656-4673. For athletes who have experienced sexual misconduct, as well as those supporting them, there's a dedicated confidential SafeSport support hotline at 866-200-0796 or [www.safesporthepline.org](http://www.safesporthepline.org).
- National Sexual Violence Resource Center (NSVRC) has excellent resources for both [Survivors](#) and their [Friends & Family](#). They include information to help understand sexual assault, as well as what you can do to help others as part of your own healing.
- [Stop It Now!](#) is a great organization for parents to be educated on how best to speak to their children about body safety, signs of child sexual abuse, age-appropriate sexual behavior, and much more. [This page](#) will help you understand normal sexual development at various ages, and [this page](#) discusses how to speak to your child/teen about their sexual development and safety.
- [Woebot](#) is a free AI messaging service, designed by psychologists, that provides thought-provoking CBT (Cognitive-Behavioral Therapy) responses to encourage users through stressful moments.
- [7 Cups](#) is a website and an app that offers free confidential text chat with caring listeners trained to emotionally support you with any issue you have.
- Speaking with a professional can help you process situations and emotions. [Psychology Today](#) provides a list of therapists, with filters (location, type of insurance accepted, age of client, gender preference, sexual orientation, religion, type of therapy, etc.) to help you find the best match for you.
- [Talkspace](#) is a paid therapy plan that connects you to therapists via messaging and video calls. Plans start at \$65/week for 24/7 access.
- [Better Help](#) will help you find the right therapist for you, with the options of texting, calling, or video chatting. This costs \$50-90 per week, depending on the plan you choose and your ability to pay.
- If you or someone you know is a survivor of sexual abuse, find your local sexual violence resource center by clicking [here](#). They can help make a police report, get a medical examination, get therapy, attend a support group, find an advocate, get legal advice, and provide additional support.
- The Jed Foundation's Mental Health Resource Center provides both [text and call hotline options](#) for times you may feel overwhelmed or in crisis.
- [Teen Line](#) will connect you with other teenagers trained to listen and help you through difficult times by call, text, app, or e-mail.
- [Your Life Your Voice](#) is a 24/7 hotline for pre-teens, teens, and young adults who are in crisis or feeling overwhelmed. The website has information sheets with tips for handling difficult situations. You can call 800-448-3000, text "VOICE" to 20121, or chat/e-mail on their website.