



The Rockstar RESOURCE GUIDE

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General Information:**

[National Sexual Violence Resource Center:](#)

This site offers a wide variety of information relating to sexual violence including a large legal resource library.

[National Organization for Victim Assistance:](#)

Founded in 1975, NOVA is the oldest national victim assistance organization of its type in the United States as the recognized leader in this noble cause.

[National Online Resource Center on Violence Against Women:](#)

VAWnet, a project of the National Resource Center on Domestic Violence hosts a resource library home of thousands of materials on violence against women and related issues, with particular attention to its intersections with various forms of oppression.

[U.S. Department of Justice: National Sex Offender Public Website:](#)

NSOPW is the only U.S. government Website that links public state, territorial, and tribal sex offender registries from [one national search site](#).

[The National Center for Victims of Crime:](#)

The mission of the National Center for Victims of Crime is to forge a national commitment to help victims of crime rebuild their lives. They are dedicated to serving individuals, families, and communities harmed by crime.

[National Street Harassment Hotline:](#)

Created by Stop Street Harassment, Defend Yourself, and operated by RAINN, the National Street Harassment Hotline is a resource for those affected by gender-based street harassment. Support is available in English and Spanish: call 855.897.5910 or [chat online](#).

Child Abuse/Sexual Abuse:

[Darkness to Light:](#)

They provide crisis intervention and referral services to children or people affected by sexual abuse of children. Hotline calls are automatically routed to a local center. Helpline: 866.FOR.LIGHT (367.5444)

[Cyber Tipline:](#)

This Tipline is operated by the [National Center for Missing and Exploited Children](#). Can be used to communicate information to the authorities about child pornography or child sex trafficking. Hotline: 800.THE.LOST (843.5678)

[National Children's Alliance:](#)

This organization represents the national network of Child Advocacy Centers (CAC). CACs are a multidisciplinary team of law enforcement, mental and physical health practitioners who investigate instances of child physical and sexual abuse. Their website explains the process and has a directory according to geographic location.

[Stop It Now:](#)

Provides information to victims and parents/relatives/friends of child sexual abuse. The site also has resources for offender treatment as well as information on recognizing the signs of child sexual abuse. Hotline: 888-PREVENT (773.8368)

[Justice for Children:](#)

Provides a full range of advocacy services for abused and neglected children.

Domestic, Dating and Intimate Partner Violence:

[National Domestic Violence Hotline:](#)

Through this hotline an advocate can provide local direct service resources (safehouse shelters, transportation, casework assistance) and crisis intervention. Interpreter services available in 170 languages. They also partner with the Abused Deaf Women's Advocacy Center to provide a videophone option. Hotline: 800.799.SAFE

[National Teen Dating Abuse Online Helpline:](#) This online helpline assists teens who are, or may be, in abusive relationships.

[Americans Overseas Domestic Violence Crisis Center:](#) The center serves abused Americans, mostly women and children, in both civilian and military populations overseas. In addition to providing domestic violence advocacy, safety planning and case management, the center assists victims with relocation, emergency funds for housing and childcare, and funds for payment of legal fees.

[National Coalition against Domestic Violence:](#) The national coalition of Domestic Violence organizations is dedicated to empowering victims and changing society to a zero tolerance policy.

Incest:

(See also resources on Child Abuse/ Sexual Abuse above)

[Survivors of Incest Anonymous:](#)

They provide information on how to find incest survivor support groups in your area and empowers individuals to become survivors and thrivers.

[GirlThrive:](#)

Girlthrive Inc. honors teen girls and young women who have survived incest and all sex abuse through thriverships, opportunity and education.

Stalking

[Stalking Resource Center:](#)

The Stalking Resource Center is a program of the National Center for Victims of Crime. Their website provides statistics on stalking, information on safety planning and other resources.

Survivors with Disabilities:

[Deaf Abused Women's Network \(DAWN\):](#)

Legal, medical, system advocacy and survivor support services. Video Phone: 202.559.5366

[CAVANET:](#)

This organization addresses violence against women, human rights, genocide, and crime victims with disabilities.

[National Disability Rights Network:](#)

NDRN members investigate reports of abuse and neglect, and seek systemic change to prevent further incidents; advocate for basic rights; and ensure accountability in health care, education, employment, housing, transportation, and within the juvenile and criminal justice systems for individuals with disabilities.

College Students:

[NotAlone.gov:](#)

A government website dedicated to educating students and schools about Title IX and sexual assault.

[Know Your IX:](#)

Provides information for students about their Title IX rights in regards to ending sexual violence on campus.

[End Rape on Campus:](#)

An advocacy organization dedicated to assisting students file Title IX complaints.

Resources for Male Survivors of Sexual Assault:

[1in6](#) (for men sexually abused as children):

Provides educational information and resources for men, family



and friends, and professionals. Also provides access to the online hotline.

[Jimhopper.com:](#)

This site has articles that discuss the effects of child sexual abuse on adult men and their loved ones.

[Malesurvivor.org:](#)

This site has information and a therapist search for male survivors of sexual violence.

LGBTQ Survivors:

[GLBTQ Domestic Violence Project:](#)

Website, information and hotline for GLBTQ victims of domestic violence and their families. Hotline: 800.832.1901

[the Network la Red:](#)

The Network/La Red hotline provides emotional support, information, and safety planning for lesbian, gay, bisexual, queer and/or transgender folks, as well as folks in the BDSM or Polyamorous communities who are being abused or have been abused by a partner. Support available in English and Spanish. Hotline: 617.742.4911

[National Coalition of Anti-Violence Programs:](#)

A coalition of programs that document and advocate for victims of anti-LGBT and anti-HIV/AIDS violence/harassment, domestic violence, sexual assault, police misconduct and other forms of victimization. Site has a list of local anti-violence programs and publications. Hotline: 212.714.1141

[The Trevor Project:](#)

Help and suicide prevention for GLBTQ youth. Hotline: 866.488.7386

[GLBT National Hotline:](#)

Call center that refers to over 15,000 resources across the country that support LGBTQ individuals. Hotline: 888.THE.GLNH (843.4564)

[FORGE](#) (For Ourselves: Reworking Gender Expression): Home to the Transgender Sexual Violence Project. Provides services and publishes research for transgender persons experiencing violence and their loved ones.

[Association for Lesbian, Gay, Bisexual & Transgender Issues in Counseling:](#)

Directory of LGBT-friendly mental health specialists across the United States. Specialists listed are verified members of AGLBTIC, a division of the American Counseling Association.

Human Trafficking:

[National Human Trafficking Resource Center:](#)

A national multilingual anti-trafficking hotline. Caller can report a tip; connect with anti-trafficking services in their area; or request training and technical assistance, general information, or specific anti-trafficking resources. Hotline: 888.373.7888

[U.S. Department of Justice Trafficking in Persons and Worker Exploitation Complaint Line:](#)

Call to report suspected instances of human trafficking or worker exploitation or contact the FBI field office nearest you. Offers foreign language translation services in most languages as well as TTY. After business hours, the complaint line has a message service in English, Spanish, Russian, and Mandarin. Hotline: 888.428.7581

Military Resources:

[Safe Helpline:](#)

Department of Defense (DoD) Safe Helpline is a groundbreaking crisis support service for members of the DoD community affected by sexual assault. Safe Helpline provides live, one-on-one support and information to the worldwide DoD community. The service is confidential, anonymous, secure, and available worldwide, 24/7 by click, call or text — providing victims with the help they need anytime, anywhere. Hotline: 877.995.5247

Legal Resources:

[Womenslaw.org:](#)

Information about restraining orders and other legal protections for victims of domestic violence and sexual assault.

[The Laws in Your State:](#)

A database of state laws including mandatory reporting, confidentiality laws, HIV/AIDS testing of sexual offenders, termination of rapists' parental rights, and statutes of limitations for each state.

[Attorney Referral Line:](#)

Refers callers to attorneys in their geographic area who can represent them in their pursuit of civil claims and victim restitution. The referral line is not an anonymous service. Their website also gives information about civil lawsuits. Phone: 202.467.8716

[Take Back The Night Foundation:](#)

Legal support for survivors in every state. Referrals to counseling, support, legal aid, hospitals, and nearest TBTN Event Holders. Hotline: 866.966.9013

[It Happened to Alexa Foundation:](#)

The 'It Happened to Alexa Foundation' supports rape survivors through the trauma of the criminal trial, in the hopes that more survivors will go through with the prosecution in order to put these perpetrators behind bars.

Medical/Physical Health:

[Sexual Assault Nurse Examiner \(SANE\):](#)

The SANE/SART program offers sensitive, caring, and supportive care following a sexual assault. Their website provides a list of Sexual Assault Nurse Examiner (SANE) programs in each state. These specialists are registered nurses, who have advanced education in forensic examination of sexual assault victims.

[Healthcare Center Directory:](#)

The U.S. Department of Health and Human Services maintains a Healthcare Center Directory. This directory lists federally funded health centers that provide a variety of services even if the recipient does not have health insurance. Users pay a co-payment based on their income. These health centers generally provide primary care services. Phone: 877.464.4772

[The Center For Disease Control National Prevention Information Network](#)

(AIDS/HIV, STI Information): U.S. reference, referral, and distribution service for information on HIV/AIDS and other sexually transmitted infections (STIs). Hotline: 800.458.5231

[International Association of Forensic Nurses:](#)

An international membership organization comprised of forensic nurses working around the world and other professionals who support and complement the work of forensic nursing.

[Start Your Recovery:](#)

Substance abuse information that relates to a survivor's experience with sexual assault.

Mental Health:

[GoodTherapy.org:](#)

GoodTherapy.org is an association of mental health professionals from more than 25 countries worldwide who support efforts to reduce harm in therapy.

[Psychology Today:](#)

Find detailed professional listings for treatment centers in the United States and Canada.

[National Eating Disorder Helpline:](#)

Information, crisis and referral hotline for people dealing with eating disorders.
Helpline: 800.931.2237

[National Alliance on Mental Illness \(NAMI\):](#)

Provides information and referral services, not counseling. Helpline: 888.950.NAMI (6264)

[Hope Exists After Rape Trauma:](#)

The mission of Hope Exists After Rape Trauma (H-E-A-R-T) is to provide HOPE for victims of sexual assault through the provision of essential and therapeutic support, by affecting positive change in laws influencing their lives, and by educating both the public and professionals commissioned to serve victims.

Sexual Assault Prevention:

[Project Respect:](#)

Project Respect aims to create discussions and share a positive alternative model of relationships for youth.

[PreventConnect:](#)

The goal of PreventConnect is to advance the primary prevention of sexual assault and relationship violence by building a community of practice among people who are engaged in such efforts.

[Campus Outreach Services:](#)

Offer information and expertise to schools on sexual violence, diversity, sexual harassment, bullying, hate crimes, healthy relationships, assertiveness, eating disorders, suicide, and related risk issues.

[The Date Safe Project:](#)

The DATE SAFE Project, Inc. provides positive how-to skills and helpful insights for addressing verbal consent (asking first), respecting of boundaries, sexual decision-making, bystander intervention, and supporting survivors (opening the door for family and friends).

[Men Can Stop Rape:](#)

Men Can Stop Rape seeks to mobilize men to use their strength for creating cultures free from violence, especially men's violence against women.

[Cyber Bullying Research Center:](#)

A clearinghouse for information regarding cyberbullying.

For RAINN's statistics on Sexual Assault, please click [here](#).

**Resources from RAINN, original post : <https://www.rainn.org/national-resources-sexual-assault-survivors-and-their-loved-ones>

Addiction and Recovery Resources:

[Alcoholics Anonymous](#)

Alcoholics Anonymous is an international fellowship of men and women who have had a drinking problem. It is nonprofessional, self-supporting, multiracial, apolitical, and available almost everywhere. There are no age or education requirements. Membership is open to anyone who wants to do something about his or her drinking problem.

[Dr. Gabor Maté](#)

Dr. Maté, renowned addiction expert, calls for a compassionate approach toward addiction, whether in ourselves or in others. Dr. Maté believes that the source of addictions is not to be found in genes but in the early childhood environment. **In The Realm Of Hungry Ghosts**, his most recent best-selling book, draws on cutting-edge science and real-life stories to show that all addictions originate in trauma and emotional loss.

[Recovery Today Magazine](#)

Whether you're new to the idea of Drug and Alcohol Addiction Recovery or if you've been sober for years, Recovery Today will inspire you. When you "Recover", you get your life back. You get it back the way you want it, which is better than before the addiction stole it. It's a life you designed. Recovery Today is a 100% Free Subscription.

[Rethinking Addiction](#)

This video is adapted from Johann Hari's New York Times best-selling book 'Chasing The Scream: The First and Last Days of the War on Drugs.'

[Smart Recovery](#)

The SMART Recovery 4-Point Program® helps people recover from all types of addiction and addictive behaviors, including: drug abuse, drug addiction, substance abuse, alcohol abuse, gambling addiction, cocaine addiction, prescription drug abuse, sexual addiction, and problem addiction to other substances and activities. SMART Recovery sponsors **face-to-face meetings around the world**, and **daily online meetings**. In addition, our **online message**

[board](#) and 24/7 chat room are excellent forums to learn about SMART Recovery and obtain addiction recovery support.

Anxiety Resources:

[Calm Clinic](#)

A website dedicated to educating about anxiety.

[Guided Imagery Apps](#)

A list of apps to help you calm down and destress.

More Trauma Resources:

[PTSD Journal](#)

PTSDJournal is dedicated to improving the quality of life for Post Traumatic Stress Disorder sufferers and their loved ones. Each issue will deliver in-depth research articles, personal narratives and alternate solutions that highlight the causes of PTSD and the keys to recovery. PTSDJournal will advocate for the PTSD community, focusing on early intervention, diagnosis, treatment, and awareness initiatives. Every issue will provide physicians, scientists, doctors, patients and families an outlet for PTSD awareness and educate the PTSD community and the general population about how to live with PTSD and where to get help.

[Rapid Resolution Therapy](#)

Rapid Resolution Therapy® eliminates the ongoing effect stemming from disturbing or painful experiences. Trauma is resolved gently and painlessly. Conflict blocking desired change disappears. Because the root causes of problems are pinpointed and cleared, positive changes endure. Negative emotions and destructive behavioral patterns are eliminated. There are dramatic improvements in thoughts, feelings and behavior.

[Helping someone with PTSD](#)

When someone you care about suffers from post-traumatic stress disorder (PTSD), it can leave you feeling overwhelmed. The changes in your loved one can be worrying or even frightening. You may feel angry about what's happening to your family and relationship, or hurt by your loved one's distance and moodiness. But it's important to know is that you're not helpless. Your support can make all the difference in your partner, friend, or family member's recovery.

[Survivor Love Letter](#)

#survivorloveletter is a call to survivors of sexual violence and our loved ones to publicly celebrate our lives. By telling our stories we seek to build knowledge and reflect on the ways we heal ourselves and our communities.

[PTSD Coach App:](#)

PTSD Coach was designed for Veterans and military Service members who have, or may have, Posttraumatic Stress Disorder (PTSD). This app provides users with education about PTSD, information about professional care, a self-assessment for PTSD, opportunities to find support, and tools that can help users manage the stresses of daily life

I AM A ROCKSTAR is always looking for new resources to support our community!!

Let us know if a link is missing or if you have a great resource you'd like us to add!