

Recommended Resources

How to Get Support in the United States

If you have experienced first- or secondhand physical, sexual, racial, verbal, or emotional violence — or witnessed someone's, particularly an authority figure's, gross misuse of power — please seek professional medical, therapeutic, and if appropriate, legal help. This is not a stepping-into-your-moxie issue.

Domestic Violence Resources

National Dating Abuse Hotline
loveisrespect.org
866-331-9474

National Domestic Violence Hotline
thehotline.org
800-799-7233 (SAFE)

National Resource Center on Domestic Violence
nrcdv.org
800-537-2238

Hate Crime Victim Resources

FBI Civil Rights Program
fbi.gov/investigate/civil-rights/hate-crimes

U.S. Commission on Civil Rights
usccr.gov
800-552-6843

VictimConnect Resource Center
victimconnect.org
855-484-2846

Mental Health Resources

National Alliance on Mental Illness (NAMI)
nami.org
800-950-6264

National Suicide Prevention Lifeline
suicidepreventionlifeline.org
800-273-8255

Postpartum Support International (PSI)
postpartum.net
800-944-4773

Sexual Abuse, Assault, and Trafficking Resources

Darkness to Light
d2l.org
866-for-light

National Human Trafficking
Resource Center/Polaris Project
polarisproject.org
888-373-7888

Rape, Abuse and Incest National Network (RAINN)
rainn.org
800-656-4673

Sexual Harassment Resources

Time's Up Legal Defense Fund/National Women's Law
Center
timesupnow.com
nwlc.org/times-up-legal-defense-fund/

Are you currently in crisis? If so, call 911 or go to the nearest Emergency Room.

