



## Abuse and Misconduct Awareness, Prevention, and Response: Helpful Resources

In addition to the training and other resources provided by the U.S. Center for SafeSport, the following resources and organizations provide services to the public and survivors of sexual, physical, and emotional abuse.

1. [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).

2. Your local sexual violence resource center is available to help survivors of sexual abuse, as well as those supporting them. They are experts on what services are available in your local area. Often these centers offer free individual counseling and support groups, as well as advocacy, legal advice, court/hospital accompaniment, and more. You can find your local sexual violence resource center at [www.centers.rainn.org](http://www.centers.rainn.org).
3. 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.
4. Joyful Heart Foundation provides [advice](#) on how to support your loved ones who are survivors of sexual assault.
5. [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. Processing experiences with a professional who understands trauma is one of the best ways to heal.
6. [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.

7. [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.
8. The Jed Foundation's [Mental Health Resource Center](#) has information for young adults about symptoms and treatments on a variety of topics, including anxiety, depression, PTSD, self-harm, and substance abuse. They also provide both [text and call hotline options](#) for times you may feel overwhelmed or in crisis. For college students, they also run [ULifeline](#), a mental health support program for college students.
9. [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.
10. [Moodpath](#) is a free app for people struggling with anxiety and/or depression and allows you to journal and track your mood. It also provides audio and text to boost your spirit and self-confidence.
11. [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.
12. [Anxiety and Depression Association of America](#) provides an anonymous peer-to-peer online anxiety and depression support group for sharing information and experiences, connecting with people who understand your struggle, and openly asking questions. They also have an app.
13. Anxiety Centre provides this [Anxiety 101](#) overview, as well as this page on [anxiety/panic attacks](#) and how to overcome them.