



**MANDIE SAFE HAVEN**

**WE ARE SURVIVORS**

**[www.mandiesafehaven.com](http://www.mandiesafehaven.com)**

## **Resources for Help and Support**

If you or someone you know is experiencing abuse, or if you're considering intervention, these resources can provide support, information, and assistance. This list is not exhaustive, but it provides starting points for finding help.

**Note:** If you are in immediate danger, call 911 (in the United States) or your local emergency number.

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### **National Crisis Hotlines (United States)**

#### **Domestic Violence and Intimate Partner Violence**

##### **National Domestic Violence Hotline**

- Phone: 1-800-799-7233 (SAFE)
- TTY: 1-800-787-3224
- Text: Text START to 88788
- Website: [thehotline.org](http://thehotline.org)
- Available: 24/7
- Services: Crisis intervention, safety planning, information, and referrals to local resources. Available in multiple languages.

##### **National Dating Abuse Helpline (Love is Respect)**

- Phone: 1-866-331-9474
- Text: Text LOVEIS to 22522
- Website: [loveisrespect.org](http://loveisrespect.org)
- Available: 24/7
- Services: Support for teens and young adults experiencing dating abuse or unhealthy relationships.

#### **Child Abuse**

##### **Childhelp National Child Abuse Hotline**

- Phone: 1-800-422-4453 (4-A-CHILD)
- Website: [childhelp.org](http://childhelp.org)

- Available: 24/7
- Services: Crisis intervention, information, referrals, and reporting assistance. Counselors available in over 170 languages.

## **Child Welfare Information Gateway**

- Website: [childwelfare.gov](http://childwelfare.gov)
- Services: Information on reporting child abuse, state-by-state reporting numbers, and child welfare resources.

## **Sexual Assault**

### **National Sexual Assault Hotline (RAINN)**

- Phone: 1-800-656-4673 (HOPE)
- Online Chat: [online.rainn.org](http://online.rainn.org)
- Website: [rainn.org](http://rainn.org)
- Available: 24/7
- Services: Crisis counseling, information, and referrals to local services.

## **Elder Abuse**

### **National Elder Abuse Hotline (Eldercare Locator)**

- Phone: 1-800-677-1116
- Website: [eldercare.acl.gov](http://eldercare.acl.gov)
- Available: Monday-Friday, 9 AM - 8 PM ET
- Services: Connects callers to local resources, Area Agencies on Aging, and Adult Protective Services.

## **Human Trafficking**

### **National Human Trafficking Hotline**

- Phone: 1-888-373-7888
- Text: Text 233733
- Online Chat: [humantraffickinghotline.org/chat](http://humantraffickinghotline.org/chat)
- Available: 24/7
- Services: Crisis support, referrals, reporting, and information. Available in multiple languages.

## **LGBTQ+ Support**

### **The Trevor Project (LGBTQ+ Youth)**

- Phone: 1-866-488-7386
- Text: Text START to 678-678
- Online Chat: [thetrevorproject.org/get-help](http://thetrevorproject.org/get-help)
- Available: 24/7
- Services: Crisis intervention and suicide prevention for LGBTQ+ youth.

### **GLBT National Hotline**

- Phone: 1-888-843-4564
- Online Chat: [glbtnationalhelpcenter.org](http://glbtnationalhelpcenter.org)
- Available: Monday-Friday, 4 PM - Midnight ET; Saturday, 12 PM - 5 PM ET
- Services: Support, information, and resources for LGBTQ+ individuals.

## **Suicide Prevention**

### **National Suicide Prevention Lifeline**

- Phone: 988
- Online Chat: [988lifeline.org/chat](http://988lifeline.org/chat)
- Available: 24/7
- Services: Crisis counseling and suicide prevention support.

## **Substance Abuse**

### **SAMHSA National Helpline**

- Phone: 1-800-662-4357 (HELP)
- Website: [samhsa.gov](http://samhsa.gov)
- Available: 24/7
- Services: Treatment referral and information for substance abuse and mental health issues.

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## **Reporting Abuse**

### **Child Protective Services (CPS)**

Each state has its own CPS hotline. To find your state's number:

- Call the Childhelp National Child Abuse Hotline: 1-800-422-4453
- Visit: [childwelfare.gov/organizations/](http://childwelfare.gov/organizations/)?CWIGFunctionsaction=rols:main.dspList&rolType=Custom&RS\_ID=5

### **Adult Protective Services (APS)**

Each state operates APS for elder abuse and abuse of vulnerable adults. To find your state's number:

- Call the Eldercare Locator: 1-800-677-1116
- Visit: [napsa-now.org/get-help/help-in-your-area](http://napsa-now.org/get-help/help-in-your-area)

## **Workplace Discrimination and Harassment**

### **Equal Employment Opportunity Commission (EEOC)**

- Phone: 1-800-669-4000
- TTY: 1-800-669-6820
- Website: [eeoc.gov](http://eeoc.gov)
- Services: Information on filing workplace discrimination and harassment complaints.

## **Law Enforcement**

- **Emergency:** Call 911
- **Non-emergency:** Contact your local police department's non-emergency line (varies by location)

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## **Legal Assistance**

### **Legal Services Corporation (LSC)**

- Website: [lsc.gov/find-legal-aid](http://lsc.gov/find-legal-aid)
- Services: Directory of free legal aid organizations nationwide.

## **National Center on Domestic Violence, Trauma & Mental Health**

- Website: [nationalcenterdvtraumamh.org](http://nationalcenterdvtraumamh.org)
- Services: Resources for legal advocacy, trauma-informed services.

## **Volunteer Lawyers Network**

- Services vary by state; search "[your state] volunteer lawyers" for local options
- Services: Free or low-cost legal assistance for those who qualify.

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## **Organizations and Advocacy Groups**

### **Domestic Violence**

#### **National Coalition Against Domestic Violence (NCADV)**

- Website: [ncadv.org](http://ncadv.org)
- Services: Information, resources, state coalition directory.

#### **National Network to End Domestic Violence (NNEDV)**

- Website: [nnedv.org](http://nnedv.org)
- Services: Advocacy, policy information, resources for victims and service providers.

### **Futures Without Violence**

- Website: [futureswithoutviolence.org](http://futureswithoutviolence.org)
- Services: Information, training, and resources on domestic violence prevention.

### **Child Abuse**

#### **Prevent Child Abuse America**

- Website: [preventchildabuse.org](http://preventchildabuse.org)
- Services: Prevention resources, education, and advocacy.

#### **National Children's Alliance**

- Website: [nationalchildrensalliance.org](http://nationalchildrensalliance.org)
- Services: Directory of Children's Advocacy Centers nationwide.

## **Darkness to Light**

- Website: [d2l.org](http://d2l.org)
- Services: Child sexual abuse prevention training and resources.

## **Sexual Assault**

### **RAINN (Rape, Abuse & Incest National Network)**

- Website: [rainn.org](http://rainn.org)
- Services: Information, statistics, resources, and the National Sexual Assault Hotline.

## **National Sexual Violence Resource Center**

- Website: [nsvrc.org](http://nsvrc.org)
- Services: Research, resources, and information on sexual violence prevention.

## **Elder Abuse**

### **National Center on Elder Abuse**

- Website: [ncea.acl.gov](http://ncea.acl.gov)
- Services: Information, research, and resources on elder abuse prevention.

### **National Adult Protective Services Association (NAPSA)**

- Website: [napsa-now.org](http://napsa-now.org)
- Services: Information on APS and elder abuse reporting.

## **Workplace Harassment**

### **Time's Up**

- Website: [timesupnow.org](http://timesupnow.org)
- Services: Legal defense fund, resources for workplace harassment survivors.

### **Equal Rights Advocates**

- Website: [equalrights.org](http://equalrights.org)
- Services: Legal assistance and advocacy for workplace discrimination and harassment.

## **Human Trafficking**

### **Polaris Project**

- Website: [polarisproject.org](http://polarisproject.org)
- Services: Resources, data, and advocacy on human trafficking.

## **Disability and Abuse**

### **National Disability Rights Network**

- Website: [ndrn.org](http://ndrn.org)
- Services: Protection and advocacy for people with disabilities, including abuse reporting.

### **The Arc**

- Website: [thearc.org](http://thearc.org)
- Services: Advocacy and resources for people with intellectual and developmental disabilities.

## **LGBTQ+ Resources**

### **National LGBTQ+ Task Force**

- Website: [thetaskforce.org](http://thetaskforce.org)
- Services: Advocacy, resources, and support for LGBTQ+ individuals.

## **Human Rights Campaign**

- Website: [hrc.org](http://hrc.org)
- Services: Advocacy, resources, and information on LGBTQ+ rights.

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## **International Resources**

### **International Domestic Violence Hotlines**

- Visit: [hotpeachpages.net](http://hotpeachpages.net) (directory of hotlines worldwide)

### **United Nations Resources**

- **UN Women - Ending Violence Against Women:**  
[unwoman.org/en/what-we-do/ending-violence-against-women](http://unwomen.org/en/what-we-do/ending-violence-against-women)

### **Childhelp International**

- Website: [childhelpinternational.org](http://childhelpinternational.org)
- Services: Resources for child abuse prevention globally.

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## **Mental Health Support**

### **National Alliance on Mental Illness (NAMI)**

- Phone: 1-800-950-6264
- Text: Text "NAMI" to 741741
- Website: [nami.org](http://nami.org)
- Services: Support, education, and advocacy for mental health.

### **Crisis Text Line**

- Text: Text HOME to 741741
- Website: [crisistextline.org](http://crisistextline.org)
- Available: 24/7
- Services: Free crisis counseling via text message.

### **Psychology Today Therapist Finder**

- Website: [psychologytoday.com/us/therapists](http://psychologytoday.com/us/therapists)
- Services: Directory of therapists searchable by location, specialty, and insurance.

### **Open Path Collective**

- Website: [openpathcollective.org](http://openpathcollective.org)

- Services: Affordable therapy (\$30-\$80 per session) for those without insurance or with limited resources.

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## **Online Communities and Support**

### **r/domesticviolence (Reddit)**

- Website: [reddit.com/r/domesticviolence](https://www.reddit.com/r/domesticviolence)
- Services: Peer support community for domestic violence survivors and supporters.

### **DV Survivors Network**

- Website: [aftersilence.org](https://aftersilence.org)
- Services: Online support community for abuse survivors.

### **7 Cups**

- Website: [7cups.com](https://7cups.com)
- Services: Free online therapy and emotional support through trained listeners.

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## **Educational Resources**

### **National Center for Victims of Crime**

- Website: [victimsofcrime.org](https://victimsofcrime.org)
- Services: Information, resources, and victim assistance directory.

### **Advocates for Human Rights**

- Website: [theadvocatesforhumanrights.org](https://theadvocatesforhumanrights.org)
- Services: Resources on domestic violence, human rights, and advocacy.

### **National Resource Center on Domestic Violence**

- Website: [nrcdv.org](https://nrcdv.org)

- Services: Training, technical assistance, and resources for advocates and service providers.

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## **Safety Planning Resources**

### **MyPlan App**

- Website: [myplanapp.org](http://myplanapp.org)
- Services: Free safety decision app for those experiencing abuse in relationships.

### **National Domestic Violence Hotline Safety Plan**

- Website: [thehotline.org/plan-for-safety/create-a-safety-plan](http://thehotline.org/plan-for-safety/create-a-safety-plan)
- Services: Customizable safety planning tool.

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## **For Intervenors and Supporters**

### **Futures Without Violence - Coaching Boys Into Men**

- Website: [coachescorner.org](http://coachescorner.org)
- Services: Resources for coaches, parents, and mentors to prevent violence.

### **National Sexual Violence Resource Center - Bystander Intervention**

- Website: [nsvrc.org](http://nsvrc.org)
- Services: Information on effective bystander intervention strategies.

### **Green Dot, Etc.**

- Website: [livethegreendot.com](http://livethegreendot.com)
- Services: Violence prevention strategy and training programs.

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## **Financial Assistance for Survivors**

### **Allstate Foundation Purple Purse**

- Website: [purplepurse.com](http://purplepurse.com)
- Services: Resources for financial empowerment and recovering from economic abuse.

### **FreeFrom**

- Website: [freefrom.org](http://freefrom.org)
- Services: Cash assistance and compensation resources for domestic violence survivors.

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## **Housing Assistance**

### **National Safe Housing Alliance**

- Website: [nationalsafehousingalliance.org](http://nationalsafehousingalliance.org)
- Services: Information on safe housing for domestic violence survivors.

### **HUD - Housing Resources for Survivors**

- Website: [hud.gov](http://hud.gov)
- Services: Information on housing assistance programs and rights for abuse survivors.

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## **Technology Safety**

### **Safety Net Project (National Network to End Domestic Violence)**

- Website: [nnedv.org/content/safety-net](http://nnedv.org/content/safety-net)
- Services: Resources on technology safety, digital security, and privacy for survivors.

### **Coalition Against Stalkerware**

- Website: [stopstalkerware.org](http://stopstalkerware.org)

- Services: Information on detecting and removing stalkerware from devices.

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## **Additional Resources by State**

Many states have their own coalitions, hotlines, and resources. To find state-specific resources:

- **State Domestic Violence Coalitions:** [ncadv.org/state-coalitions](http://ncadv.org/state-coalitions)
- **State Child Abuse Reporting Numbers:** [childwelfare.gov/topics/responding/reporting/how](http://childwelfare.gov/topics/responding/reporting/how)
- **State Adult Protective Services:** [napsa-now.org/get-help/help-in-your-area](http://napsa-now.org/get-help/help-in-your-area)

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## **Important Notes**

**If you are in immediate danger, call 911 or your local emergency services.**

**When accessing online resources:** If you're concerned about someone monitoring your internet activity, consider:

- Using a public computer (library, friend's house)
- Using a device the abuser doesn't have access to
- Clearing browser history after use
- Using private/incognito browsing mode

**Hotline calls are confidential** and available in multiple languages. You don't need to provide your name to get help.

**Resources change over time.** If a number or website listed here is no longer active, contact one of the national hotlines for updated referrals.

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## **Final Note**

You don't have to face abuse alone—whether you're experiencing it, witnessing it, or working to prevent it. These resources exist because people care and want to help. Reaching out is a sign of strength, not weakness.

If you're supporting someone else, remember that you also need support. Many of these organizations offer resources for family members, friends, and professionals supporting abuse victims.

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