

HELPFUL LINKS & SUPPORT RESOURCES

KNOW WHERE TO TURN. HELP IS AVAILABLE.

MEAN GIRL SELF DEFENSE | U.S. RESOURCE REFERENCE

IMMEDIATE DANGER IN THE UNITED STATES? CALL 911.

Personal safety includes knowing where to find information, assistance, and support. These resources are for survivors, concerned friends and family members, and anyone exploring their options.

You don't have to be in immediate danger to reach out for help.

01 DOMESTIC VIOLENCE & RELATIONSHIP ABUSE

National Domestic Violence Hotline

Support, safety planning, and referrals for domestic violence or relationship abuse.

Call: 800-799-SAFE (7233)

Text: START to 88788

thehotline.org

love is respect | Teen & Young Adult Dating Abuse

Support and education for young people in unhealthy or abusive relationships.

Call: 866-331-9474

Text: LOVEIS to 22522

loveisrespect.org

02 SEXUAL ASSAULT & SEXUAL VIOLENCE

RAINN | National Sexual Assault Hotline

Support for survivors, including information about care, reporting options, and local resources.

Call: 800-656-HOPE (4673)

Text: HOPE to 64673

rainn.org

03 STALKING & HARASSMENT

SPARC | Stalking Prevention, Awareness, and Resource Center

Education about stalking, documentation, and safety planning. SPARC does not provide direct victim services. For support, contact VictimConnect, RAINN, or the Domestic Violence Hotline.

stalkingawareness.org

04 HUMAN TRAFFICKING & EXPLOITATION

National Human Trafficking Hotline

Support, information, and referrals for trafficking concerns.

Call: 888-373-7888

Text: 233733 (BEFREE)

humantraffickinghotline.org

HELPFUL LINKS & SUPPORT RESOURCES

IMMEDIATE DANGER IN THE UNITED STATES? CALL 911.

05 CHILD SAFETY & ONLINE EXPLOITATION

National Center for Missing & Exploited Children (NCMEC)

Help with missing children and reporting suspected child sexual exploitation.

Call: 800-THE-LOST (800-843-5678)

missingkids.org

CyberTipline: report.cybertip.org

Take It Down

Free help limiting the sharing of intimate images taken when someone was under 18, on participating platforms. Do not download or share an image to submit it.

takeitdown.ncmec.org

06 MENTAL HEALTH & CRISIS SUPPORT

988 Suicide & Crisis Lifeline

Crisis counseling and referrals for suicidal crisis or emotional distress in the United States and its territories.

Call: 988

Text: 988

<https://988lifeline.org>

07 CRIME VICTIM SUPPORT

VictimConnect Resource Center

Information, emotional support, and referrals for people affected by crime.

Call or text: 855-4-VICTIM (855-484-2846)

victimconnect.org

08 ADDITIONAL SUPPORT

National Runaway Safeline

Support for young people facing runaway situations, homelessness, or other crises.

Call: 800-RUNAWAY (800-786-2929)

1800runaway.org

StrongHearts Native Helpline

Culturally appropriate domestic and sexual violence support for Native Americans and Alaska Natives.

Call: 844-7NATIVE (844-762-8483)

strongheartshelpline.org

IMPORTANT SAFETY INFORMATION

If your activity may be monitored, consider a safer device. Deleting browser history may not remove all traces. Confidentiality exceptions may apply; ask advocates about their policies.

These resources primarily serve the United States. Services and availability may change. Phone numbers were checked against official listings; no test calls or texts were placed.

More hotlines: ovc.ojp.gov/help-for-victims/toll-free-text-and-online-hotlines

KEEP LEARNING: meangirlselfdefense.com