

Resources that you may want to share with your potential client/client

Hotlines for sexual assault and harassment

- **RAINN** (main site: <https://www.rainn.org/>)
Look here: <https://www.rainn.org/state-resources> for a list of resources by state
Call 1.800.656.HOPE (4673)
- **LGBT National Help Center** (main site: <https://www.glbthotline.org/>)
Look here: <https://www.glbtnearme.org/> for a list of resources by location
Call 1.888.843.4564
- **1 in 6** (Help for Male Survivors) (main site: <https://1in6.org/>)
Look here: <https://1in6.org/helpline/> for a help chat helpline
Look here: <https://supportgroup.1in6.org/> for support groups
- **National Crime Victim Law Institute** (main site: <https://ncvli.org/>)
Look here:
https://law.lclark.edu/centers/national_crime_victim_law_institute/for_victims/self_help/
for a state-by-state directory of helpful organizations

Suicide or Self Harm

- **National Suicide Prevention Lifeline** (main site: <https://suicidepreventionlifeline.org/>)
Look here: <https://suicidepreventionlifeline.org/our-crisis-centers/> for local crisis centers
Call 1.800.273.8255
- **The Jed Foundation** (for teens and young adults) (main site: <https://jedfoundation.org/>)
Look here: <https://jedfoundation.org/its-an-emergency/> for hotline information
Call 1.800.273.TALK
- **Trans Lifeline** (main site: <https://translifeline.org/>)
Look here: <https://translifeline.org/hotline/> for hotline information
Call 877.565.8860
- **The Trevor Project** (for lesbian, gay, bisexual, transgender, queer & questioning youth)
(main site: <https://www.thetrevorproject.org/>)
Look here: <https://www.thetrevorproject.org/get-help/> for hotline information
Call 1.866.488.7386

Intimate Partner Violence or Domestic Violence

- **National Domestic Violence Hotline** (main site: <https://www.thehotline.org/>)



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Look here: <https://www.thehotline.org/get-help/domestic-violence-local-resources/> for a list of resources by state
Call 1.800.799.SAFE (7233)

- **National Center for Victims of Crime** (main site: <https://victimsofcrime.org/>)
Look here: <https://victimconnect.org/> for hotline information
Call 1.855.484.2846
- **National Coalition Against Domestic Violence** (main site: <https://ncadv.org/>)
Look here: <https://ncadv.org/get-help> for hotline information
Call 1.800.799.7233
- **National Network to End Domestic Violence** (main site: <https://nnedv.org/>)
Look here: <https://nnedv.org/get-help/> for hotline information
Call 1.800.799.SAFE (7233)
- **Love Is Respect** (for teen dating violence) (main site: <https://www.loveisrespect.org/>)
Look here: <https://www.loveisrespect.org/personal-safety/> for creating a safety plan
Call 1.866.331.9474
Text LOVEIS to 22522
Live chat: <https://www.loveisrespect.org/>

Finding Longer Term Mental Health Services/Counseling

***These resources provide ways to find professional mental health counselors. The counselors/therapists do not work for free. ***

- **National Alliance on Mental Illness** (main site: <https://nami.org/home>)
Look here: <https://nami.org/help> for helpline information
Call 1.800.950.NAMI (6264)
- **Substance Abuse and Mental Health Services Administration (SAMHSA)** (main site: <https://www.samhsa.gov/>)
Look here: <https://findtreatment.samhsa.gov/> to locate local treatment options.
Call 1.800.662.HELP (4357) <https://www.samhsa.gov/find-help/national-helpline>
- **American Foundation for Suicide Prevention (AFSP)** (main site: <https://afsp.org/>)
Look here: <https://afsp.org/get-help> for connections to resources and <https://afsp.org/find-a-mental-health-professional#how-do-i-find-mental-health-care> for ways to find a mental health professional.
- **Psychology Today** (main site: <https://www.psychologytoday.com/us>)
Look here: <https://www.psychologytoday.com/us/therapists?search=> for a directory of therapists by state



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- **Online Therapy** (<https://www.onlinetherapy.com/>) online directory of therapists by country and state
- **Good Therapy** (<https://www.goodtherapy.org/>) directory of therapists by state
- **BetterHelp** (<https://www.betterhelp.com/>) offers online and video therapy

Human Trafficking

- **Alight** (main site: <https://alightnet.org/>)
Look here: <https://alightnet.org/get-help/> for ways to connect to attorneys to help survivors of human trafficking with legal needs.
- **Freedom Network USA** (main site: <https://freedomnetworkusa.org/>)
Look here: <https://freedomnetworkusa.org/advocacy/survivor-reentry-project/> for assistance in expunging criminal records for survivors of human trafficking.
- **Polaris** (main site: <https://polarisproject.org/>)
Look here: <https://polarisproject.org/national-human-trafficking-hotline/> for hotline information
Call 1.888.373.7888

Immigration

- **National Immigrant Women's Advocacy Project** (main site: <https://www.wcl.american.edu/impact/initiatives-programs/niwap/>)
Look here: <https://niwaplibrary.wcl.american.edu/home/directory-programs-serving-immigrant-victims> for a directory of service providers for immigrant women
- **Immigration Advocates Network** (main site: <https://www.immigrationadvocates.org/>)
Look here: <https://www.immigrationadvocates.org/nonprofit/legaldirectory/> for ways to find an immigration attorney

Housing

- Rental assistance: https://www.hud.gov/topics/rental_assistance
- Homeless assistance: <https://www.hudexchange.info/housing-and-homeless-assistance/homeless-help/>
- Housing counselor: <https://www.consumerfinance.gov/find-a-housing-counselor/>
- Emergency rental assistance programs (with status updates as some programs are no longer accepting applications): <https://nlihc.org/rental-assistance>



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Food

- By Phone: The client can call the USDA National Hunger Hotline, which operates from 7:00 AM – 10:00 PM ET, at 1-866-3-HUNGRY (English) or 1-877-8-HAMBRE (Spanish) to speak with a representative who will find food resources such as meal sites, food banks, and other social services available near the client's location.
- By Text: The client can text the USDA National Hunger Hotline's automated service at 914-415-6617 with a question that may contain a keyword such as "food," "summer," "meals," etc. to receive an automated response to resources located near an address and/or zip code.

Medical Expenses

- [National Financial Resource Directory - Patient Advocate Foundation](#)

Free Tax Preparation Assistance

There are several free resources individuals can take advantage of to file their taxes, including

- [IRS.gov/vita](https://irs.gov/vita)
- [GetYourRefund.org](https://getyourrefund.org).
- Individuals can use the free filing software at [MyFreeTaxes.com](https://myfreetaxes.com).
- Individuals can also call their local 211 for help finding local free tax assistance.

General

- metoo movement (main site: <https://metoomvmt.org/>) Look here: <https://metoomvmt.org/explore-healing/resource-library/> for an extensive library of resources for reporting, healing, and other needs
- www.211.org – links to lists of local services for food, mental health, housing



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