

Resources to support survivors



Helplines in U.S.

There are various national hotlines/helplines that provide free and confidential support 24/7 in English and Spanish, provided by trained trauma-informed advocates. You do not need to be in crisis or facing an emergency to contact the hotlines. Advocates are available to help support callers and direct them to resources and referrals for themselves or for people they care about.

National Sexual Assault Hotline, operated by RAINN

- Offers free, confidential, 24/7/365 support in English and Spanish
- Call 1-800-656- HOPE (4673)/ Text "HOPE" to 64673/ WhatsApp # 202-834-9806
- Online chat and helpful resources available on website at: <https://rainn.org/>

National Domestic Violence Hotline

- Offers free, confidential, 24/7/365 support in English, Spanish, and other languages for those impacted by relationship abuse
- Call 1-800-799-SAFE (7233) /Text "START" to 88788
- Helpful resources and online chat available at <https://www.thehotline.org/>
- National directory of Local Service Providers by zip code: <https://www.thehotline.org/get-help/directory-of-local-providers/>

988 Suicide & Crisis Lifeline

- Offers free and confidential support available 24/7/365 in English and Spanish, via call (988), text, or chat
- Website in English: <https://988lifeline.org/>; Spanish: <https://988lifeline.org/es/inicio/>

Childhelp National Child Abuse Hotline

- Call: 1-800 422 4453
- Website: <https://www.childhelphotline.org/>

National organizations focused on preventing and addressing sexual and domestic violence in Latinx communities (this list is not exhaustive):

- **Esperanza United:** www.esperanzaunited.org
- **Justice for Migrant Women:** <https://justice4women.org/>
- **ValorUS:** <https://www.valor.us/>
- **National Compadres Network:** <https://nationalcompadresnetwork.org/>

Additional resource lists and directories:

- [Resources for Latine Mental and Emotional Well-Being \(English\)](#)
- [Recursos para el bienestar mental y emocional de las personas latinas \(español\)](#)
- **National Sexual Violence Resource Center (NSVRC)** maintains a directory of organizations that lists state and territory sexual assault coalitions, national and statewide victim/survivor support organizations, and local communities of color sexual assault organizations. Individuals can contact their state or territory's coalition to find additional local resources that provide services. <https://www.nsvrc.org/find-help/>
- **National Network to End Domestic Violence (NNEDV)** represents a network of 56 state and US territorial coalitions against domestic violence. Their directory is available here: <https://nnedv.org/content/state-u-s-territory-coalitions/>

Legal assistance

- **Women's Law:** <https://www.womenslaw.org/>
- **National Women's Law Center/Time's Up Legal Defense Fund:** <https://nwlc.org/legal-help/>

Latinx-specific directories of mental health providers

- **Latinx Therapy:** <https://latinxtherapy.com/>
- **Therapy for Latinx:** <https://www.therapyforlatinx.com/>
- **Latinx Therapists Action Network:** <https://latinxtherapistsactionnetwork.org/directory/>
- **League of United Latin American Citizens DACA mental health resources:** <https://lulac.org/daca/mental/>

Helpful materials:

Self-Directed Emotional Support Plan: This one-page guide has questions to help identify what helps you manage stress and to support your emotional well-being.

- English: <https://ncdvtmh.org/wp-content/uploads/2023/10/Guide-for-Emotional-Support.pdf>
- Spanish: <https://ncdvtmh.org/wp-content/uploads/2023/10/Spanish-Guide-for-Emotional-Support-One-Pager.pdf>

A Wildflower Path: Healing in Hard Times - Mind-Body-Spirit Practices for Reclaiming Wholeness Beyond Trauma:

This toolkit offers strategies for feeling better that are free and can be done individually or with family, coworkers, and community members.

- English: <https://ncdvtmh.org/wp-content/uploads/2025/05/Wildflower-Path-Toolkit-Final-Draft-Oct-27.pdf>
- Spanish: <https://ncdvtmh.org/wp-content/uploads/2025/05/Spanish-Wildflower-Path-Toolkit-FINAL.pdf>