

RESOURCES FOR SEXUAL ASSAULT VICTIMS

“May He send you help from the sanctuary and strengthen you out of Zion.” Psalm 20:2

As a victim of sexual assault or if you are considering suicide, please talk to a trained professional. Please contact any of the resources listed below.

- RAINN (Rape, Abuse, & Incest National Network) National Sexual Assault Hotline at 1-800-656-4673 to receive confidential support from a trained staff member of a local RAINN affiliate or chat online at [online.rainn.org](https://www.rainn.org). Their resources are available 24 hours a day, 7 days a week. <https://www.rainn.org/resources#>
- NSVRC (National Sexual Violence Resource Center) <https://www.nsvrc.org/find-help>
- Victims can call Crisis Services at 24-Hour Hotline at 716-834-3131 or go to <https://crisisservices.org/rape-sexual-assault/> For more information about evidence collection, contact the Crisis Services' Program Manager: 716-834-4456, hfranz@crisisservices.org
- Safehorizon- for New York City (NYC) victims, call the Rape and Sexual Assault Hotline 24-Hours a Day, Seven Days a Week at 212-227-3000. For those outside of NYC, call the National Sexual Assault Telephone Hotline at 1-800-656-HOPE (4673). <https://www.safehorizon.org/get-help/rape-and-sexual-assault/>
- Childhelp National Child Abuse Hotline 1-800-4-A-CHILD <https://www.childhelp.org/>
- National Domestic Violence Hotline 1-800-799-SAFE <https://www.thehotline.org/get-help/domestic-violence-local-resources/>
- 24-Hour PREA (Prison Rape Elimination Act) Hotline at 716-834-3131 to speak with a hotline counselor or write to Crisis Services, 100 River Rock Drive, Suite 300, Buffalo, NY 14207. You can also go to <https://www.prearesourcecenter.org/about/prison-rape-elimination-act>
- National Suicide Prevention Lifeline 1-800-293-TALK <https://www.nami.org/Advocacy/Policy-Priorities/Responding-to-Crises/National-Hotline-for-Mental-Health-Crises-and-Suicide-Prevention>
- Suicide & Crisis Lifeline – Chat with them online at <https://988lifeline.org/> Call or text 988 for help.

- Crisis Text Line - Text HOME to 741741 to reach a trained Crisis Counselor through a global not-for-profit organization. Free, 24/7, confidential. <https://www.crisistextline.org>
- National Institute of Mental Health - Suicide Prevention – call 988
<https://www.nimh.nih.gov/health/topics/suicide-prevention>
- Centers for Disease Control and Prevention (CDC) – Suicide Prevention – Call 988
<https://www.cdc.gov/suicide/index.htmlRape>
- Sexual violence <https://www.cdc.gov/violenceprevention/sexualviolence/index.html>
- Rape Prevention and Education <https://www.cdc.gov/violenceprevention/rpe/index.html>
- Stop SV: A technical package to prevent sexual violence
<https://www.cdc.gov/violenceprevention/pdf/sv-prevention-technical-package.pdf>
- National Hotline for Mental Health Crises and Suicide Prevention – Call 988
<https://www.nami.org/Advocacy/Policy-Priorities/Responding-to-Crises/National-Hotline-for-Mental-Health-Crises-and-Suicide-Prevention>