

National Service Providers and Helplines

Please note: Abusive partners may check electronic devices and search histories, so if you want to visit a website or call a hotline, you may want to do so from a friend's device or a public device.

NATIONAL DOMESTIC VIOLENCE HOTLINE

THEHOTLINE.ORG | 800-799-SAFE (7233) | TEXT "START" TO 88788

The National Domestic Violence Hotline provides essential tools and support to help survivors of domestic violence 24/7, 365 days a year. The Hotline's highly trained, expert advocates offer free, confidential and compassionate support; crisis intervention information; education; and referral services in over 200 languages via live chat, text or phone call.

NATIONAL SEXUAL ASSAULT HOTLINE

RAINN.ORG | 800-656-HOPE (4673)

The Rape, Abuse and Incest National Network (RAINN), which is the nation's largest anti-sexual violence organization, created and operates the National Sexual Assault Hotline in partnership with more than 1,000 local sexual assault service providers across the country. Help is available via live chat or phone call.

LOVE IS RESPECT

LOVEISRESPECT.ORG | 866-331-9474 OR 866-331-8453 | TEXT "LOVEIS" TO 22522

Love is Respect offers 24/7 information, support and advocacy to young people between the ages of 13 and 26 who have questions or concerns about their romantic relationships through free and confidential services via phone, text and live chat.

NATIONAL COALITION AGAINST DOMESTIC VIOLENCE

NCADV.ORG/STATE-COALITIONS

Find your state-wide coalition using the National Coalition Against Domestic Violence's directory. State coalition websites often have listings of all the domestic violence support centers in your state.

ONE LOVE MYPLAN APP

JOINONELOVE.ORG/MY_PLAN_APP | SEARCH "MY PLAN" ON THE APP STORE

The myPlan app is a free app to help with safety decisions if you or someone you care about is experiencing abuse in their intimate relationship. It's private, secure, personalized and backed by research.

STOP IT NOW! HELP LINE

STOPITNOW.ORG/HELP-INQUIRY | 888-PREVENT (773-8368)

Stop It Now! is committed to creating a private place where people can freely and openly discuss their concerns about child sexual abuse and consider what steps to take next via web inquiry or phone call.