If you or someone you know is a survivor of sexual abuse and seeking resources or help, the following resources are available for you.

- Check out The Ready to Respond Handbook by CARE, a guide to support athletes through abuse, harassment and trauma in sport
- Call the National Sexual Assault Hotline at 800 656 HOPE
- Visit RAINN
- Call the Childhelp National Child Abuse Hotline at 1 800 4 A CHILD
- Visit National Suicide Prevention Hotline or call 800-273-8255
- Visit The Trevor Project or call 1-866-488-7386
- Reach the National Helpline for Men Who Were Sexually Abused or Assaulted at 1in6.org/helpline
- Visit Domestic Violence Helpline or call 800-799-7233
- Visit Substance Abuse & Mental Health Services or call 800-662-4357
- Visit Trans Lifeline or call 877-565-8860
- Visit Drug Rehab or call 877-589-4784 (24/7)