

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](http://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)