

SEXUAL ASSAULT RESOURCES

for survivors and those who support them.

National Sexual Assault Hotline

1-800-656-4673

hotline.rainn.org



National Sexual Violence Resource Center

nsvrc.org/survivors



Joyful Heart Foundation

[joyfulheartfoundation.org/
learn/sexual-assault-and-rape/
resources/survivors](http://joyfulheartfoundation.org/learn/sexual-assault-and-rape/resources/survivors)



Love is Respect

loveisrespect.org



The Army of Survivors

Mission is to bring awareness, accountability, and transparency to sexual violence against athletes at all levels.

thearmyofsurvivors.org



LGBTQIA+

A peer support hotline, online chat programs, email services, and publicly accessible online databases of resources.

lgbthotline.org



Pandora's Project

An online message board and chat room for survivors of sexual violence. Includes peer-to-peer support for survivors through specific forums for men, teens, older adults, LGBTQ people, and many others.

forums.pandys.org



Survivors Network of those Abused by Priests (SNAP)

A support group for men and women abused by religious and institutional authorities.

snapnetwork.org



Just Detention International (JDI)

A health and human rights organization that seeks to end sexual abuse in all forms of detention, and provides resources to survivors who are incarcerated.

justdetention.org



Safe Help Room Sessions for Military Men and Women

An online community of sexual assault survivors in the military that meets to support each other in taking the next steps after a sexual assault.

safehelpline.org/safe-helproom



1 in 6

Helps male victims of unwanted or abusive sexual experiences find healing. They offer free and anonymous weekly chat-based support groups, facilitated by a counselor.

1in6.org



Male Survivor

Provides resources for male survivors through a support forum and chat, webinars and live events.

malesurvivor.org



Men Healing

Dedicated to providing help for male survivors of sexual assault, sexual abuse, and sexual trauma during childhood or as adults.

menhealing.org



CCC Counseling Services

402-562-1244
counselingservices@cccneb.edu

cccneb.edu/counseling



Central
COMMUNITY
COLLEGE