Important Resources

If you are a survivor or a community looking to support survivors of sexual violence, here are some resources for you. Coming forward about an act of sexual violence requires a lot of courage and support. You are not alone. There are trained professionals to support you. Always. Below are some resources you may find helpful.

**Hotlines**

- National Sexual Assault Line 1-800-656-HOPE
- Rape Crisis Hotline 1-888-293-2080

**National Organizations**

- National Sexual Violence Resource Center, nsvrc.org
- Rape, Abuse & Incest National Network, rainn.org
- YWCA, ywca.org
- KARAMAH, karamah.org
- Peaceful Families Project
- HEART Women & Girls, heartwomenandgirls.org

**Community-based Organizations (Chicago)**

- Rape Victim Advocates, rapevictimadvocates.org
- Illinois Coalition against Sexual Assault, icasa.org
- Arab American Family Services, aafsil.org
- Hamdard Center for Health and Human Services, hamdardcenter.org
- Pillars Community Services, pillarscommunity.org
- Life Span, life-span.org
- Chicago Alliance against Sexual Exploitation, caase.org
- Chicago Taskforce on Violence against Girls & Women, chitaskforce.org
- The Voices & Faces Project, voicesandfaces.org
- Survivors Network of those Abused by Priests, snapnetwork.org
- Mujeres Latinas en Accion, www.mujereslatinasenaccion.org
- Heartland Alliance, heartlandalliance.org
- Jewish & Family Services, jcfs.org

This list is not comprehensive and is a working document. For more information on the issue or resources in the community, please visit www.heartwomenandgirls.org or email heartwg@gmail.com.