

## **VICTIM-SURVIVOR OUTREACH AND RESOURCES**

If you are in immediate danger of seriously harming yourself or being harmed by someone else, please **call 911**. If you are struggling with thoughts of suicide, please contact the National Suicide Prevention Hotline at **1-800-273-8255**, or click [here](#) to access their live chat available 24 hours, seven days a week in English and Spanish.

Many victims/survivors have found the following list of resources useful. These resources are intended to be informative. It should not be considered a substitute for seeking consultation from a mental health professional.

[Alcoholics Anonymous](#)

[AL anon Family Groups](#)

[Catholic Charities Holbrook Counseling Center](#)

[DePaul Family and Community Services](#)

[Erickson Center for Children and Families](#)

[Family Institute](#)

[Haymarket Center](#)

[Loving Outreach to Survivors of Suicide \(LOSS\)](#)

[National Center for PTSD and PTSD Coach App](#)

[One in Six](#)

A site for male survivors.

[RAINN](#)

The nation's largest anti-sexual violence organization. RAINN created and operates the National Sexual Assault Hotline (800-656-HOPE). Please click [here](#) for the Spanish site.

[Stop it Now](#)

[The Healing Voices](#)

This magazine was created by a dedicated group of survivors abused by clergy. Their mission is to reconcile their faith with the physical, mental, emotional and spiritual harm done to victims-survivors. Please click [here](#) for a list of The Healing Voices resources.

[USCCB Victim Assistance](#)

[10 Ways to Teach Your Children the Skills to Prevent Sexual Abuse](#)