

# RESOURCES TO SUPPORT SURVIVORS

**ESTABLISH SAFETY | CHECK IN | OFFER CONTINUED SUPPORT | SHARE RESOURCES |  
LISTEN, BELIEVE, VALIDATE | EMPOWER & SUPPORT**



## 24/7 HOTLINES

**NATIONAL DOMESTIC VIOLENCE HOTLINE: 1-800-799-SAFE [7233]**

**NATIONAL SUICIDE PREVENTION LIFELINE: 1-800-273-8255 (TALK)**

**GEORGIA DOMESTIC VIOLENCE HOTLINE: 1-800-334-2836 (HAVEN)**

**GEORGIA CRISIS & ACCESS LINE (GCAL): 1-800-715-4225**



## TEXT/ CHAT WITH ADVOCATES

**CRISIS TEXTLINE: TEXT 'GA' TO 741-741**

**CHAT LIVE WITH AN ADVOCATE: WWW.THEHOTLINE.ORG**



## HELPLINES

**NATIONAL MENTAL HEALTH ALLIANCE (NAMI) INFORMATION HELPLINE: 1-800-950-NAMI (6264)**

**YOUR DESI HELPLINE: 404 596 4694**

**Directory of South Asian Therapists: www.southasiantherapists.org**

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## READING AND AWARENESS

**FIND LOCAL RESOURCES: WWW.HOTLINE.ORG**

**Tenant Rights of Domestic Violence Survivors During COVID-19**

**(Book) You Can Help: A Guide for Family & Friends of Survivors of Sexual Abuse and Assault**

**Reading and Resource List (Safe Helpline)**

**Safe Helpline self-guided educational program: How to Support a Survivor.**



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**Facebook, Instagram, Twitter: [@rakshainc](https://www.instagram.com/rakshainc)**



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