

Resources for Survivors of Sexual Violence & Allies

FOR IMMEDIATE HELP AFTER ASSAULT:

- **UCLA CARE Program at Santa Monica**
Call 424-259-7208 to connect with a counselor or visit:
<https://www.uclahealth.org/santa-monica/rape-treatment>
- **The Rape Foundation (Santa Monica UCLA) provides referrals:** www.therapefoundation.org
- **Strength United:** www.strengthunited.org

LOCAL RESOURCES:

- **Peace Over Violence** advocates and provides resources and services for building healthy relationships, families and communities free from sexual, domestic, and interpersonal violence. They offer one-on-one counseling and support groups.
24/7 Hotline: 626-793-3385 | <https://www.peaceoverviolence.org/support-groups/>
- **Jewish Family Service { Hope}**
24 Hour Hotline: (818) 505-0900 | <https://www.jfsla.org/hope>
Counseling Center: (877) 275 – 4537
Family Resource Center: (877) 275 – 4537
- **East Los Angeles Women’s Center** offers services for victims of sexual assault
Hotline: 800-585-6231 | https://www.elawc.org/sexual_assault_services
- **The Relational Center** (find a counselor): <http://www.relationalcenter.org/counselors/>
- **Local Therapists:**
<https://www.psychologytoday.com/us/therapists/heather-a-huff-los-angeles-ca/269559>
- **Trauma Informed LA:**
<https://traumainformedla.org/resources/support-services-for-trauma-survivors/>
- **ReConnect Integrative Trauma Treatment Center:** <http://www.reconnectcenter.com/>
- **SAFE LA:** <http://www.safela.org/help/>

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ADVOCACY & SUPPORT

- Home Shalom of The Advot Project: <http://www.theadvotproject.org/home-shalom/>
- Sexual Violence Resource Center: <https://www.brettkavanaugh.com/>

NATIONAL RESOURCES for SURVIVORS:

- **RAINN:** 800.656.HOPE (4673) | <https://www.rainn.org/>
The Rape, Abuse, & Incest National Network, is the nation's largest anti-sexual violence organization and operates the National Sexual Assault Hotline, which is free, confidential, and available 24/7/365 in English and Spanish.
- **Somatic Intervention:** <https://somaticintervention.com/services/>

- **Darkness to Light:** 1-866-FOR-LIGHT (866-367-5444)

Darkness to Light offers local information and resources about sexual abuse. You can also text 'LIGHT' to 741741 for crisis support with a trained counselor. These services are 24/7, free of charge, confidential, and will be answered by a trained information and referral representative.

- **Loveisrespect:** 1-866-331-9474 | <https://www.loveisrespect.org/>

Project of the National Domestic Violence Hotline and Break the Cycle, and a resource for advice and info on healthy dating. Its mission is to empower youth and young adults to prevent and end abusive relationships. Peer advocates can be reached 24/7 via phone, online chat, or text ("loveis" to 22522).

- **The Breathe Network:** <http://www.thebreathenetwork.org/>

The Breathe Network connects sexual trauma survivors to practitioners who offer sliding-scale, trauma-informed, holistic healing arts and support, including acupuncture; massage and cranial-sacral massage; somatic therapy; sound healing; yoga, hypnotherapy; dance, art, music, and color therapy; feng shui; Rolfing; and EMDR.

- **Exhale to Inhale:** <https://exhaletoinhale.org/>

Exhale to Inhale empowers those affected by domestic violence and sexual assault to transform their lives. ETI employs the healing practice of trauma-informed yoga to empower survivors while helping communities develop skills and knowledge to support them. Exhale to Inhale provides free weekly yoga classes at domestic violence shelters and community centers in NY, CT, and LA. They also offer trauma-informed yoga teacher training.

- **Resources for Trans Sexual Assault Survivors:**
<https://forge-forward.org/anti-violence/for-survivors/guides-for-survivors/>

