

RESOURCE CARD

BECAUSE YOU ARE NEVER ALONE.

National Resources

Child Abuse Authorities by State:

Iowa – 1 (800) 362-2178

Nebraska – 1 (800) 652-1999

If you believe you are in imminent danger, **call 911 immediately.**

The hotlines provided are free, confidential, and available 24/7 unless otherwise noted.

RAINN

The Rape, Abuse & Incest National Network (RAINN) is the nation's largest anti-sexual violence organization.

rainn.org

800-656-HOPE (4673)

National Domestic Violence Hotline

800-799-7233

National Human Trafficking Hotline

888-373-7888

SMS (text): 233-733

Suicide Prevention Hotline

800-273-8255

End Rape On Campus (EROC)

Works to end campus sexual violence through direct support for survivors and their communities; prevention through education; and policy reform at the campus, local, state, and federal levels.

endrapeoncampus.org

Centering the Margins

An EROC framework that focuses and centers historically underserved and marginalized student survivors in the campus anti-rape movement and attends to the particular needs of those survivors.

endrapeoncampus.org/centeringmargins

VictimConnect Resource Center

A program of the National Center for Victims of Crime (victimsofcrime.org) providing confidential referrals for crime victims. It combines a traditional hotline with an innovative online chat option, making it easier for victims to reach out.

Hotline:

855-484-2846

**Online chat: Chat.VictimConnect.org
victimconnect.org**

The Pennsylvania Coalition Against Rape

Provides a useful Guide for Friends and Family of Sexual Violence Survivors.

<https://bit.ly/PCARGuide>

The NW Network of Bi, Trans, Lesbian and Gay Survivors of Abuse

Working to end violence and abuse by building loving and equitable relationships in our community and across the country.

<https://www.nwnetwork.org/>

Midwest Resources

Child Abuse Authorities by State:

Iowa – 1(800) 362-2178

Nebraska – 1(800) 652-1999

If you believe you are in imminent danger, **call 911 immediately.**

RAINN

Use the **Find Help Near You** search tool. Select your state (Nebraska or Iowa) or enter your zip code, to find organizations and centers that can provide additional help.

<https://centers.rainn.org/>

Nebraska Coalition to End Sexual and Domestic Violence

Offers a Personal Safety Plan, which is a tool that can be used by victims of domestic violence with the goal of protecting themselves and their children from abuse.

Lincoln, NE (402) 476-6256
nebraskacoalition.org

Personal Safety Plan
<https://bit.ly/NESafetyPlan>

ICASA

Iowa Coalition Against Sexual Assault

Des Moines, IA (515) 244-7424
icadv.org

Community Justice Center

A Lincoln-based, 501(c)3 restorative justice nonprofit organization with resources in Lincoln, Omaha, and across the state of Nebraska.

<https://bit.ly/CJResource>

Nebraska's Victim Assistance Program

<https://ago.nebraska.gov/victim-assistance-program>

Iowa's Crime Victim Compensation Program

<https://bit.ly/VictimCompIA>

SAMHSA's Helpline

The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities.

www.samhsa.gov/find-help/national-helpline

1-800-662-HELP (4357)

Remember, you are not alone; you are important, your story matters, we believe you.

Please don't hesitate to contact a Nebraska Writers Collective affiliate, supervisor, or administrator if you need assistance finding additional resources.