

MORE THAN A STATISTIC

Resources for Sexual Assault Survivors and Their Loved Ones

NATIONAL SEXUAL ASSAULT HOTLINE:

[1-800-656-4673](tel:1-800-656-4673)

NATIONAL SEXUAL VIOLENCE RESOURCE CENTER:

www.nsvrc.org/find-help

RAINN:

www.rainn.org/resources

Chat online: online.rainn.org

PAVE:

www.shatteringthesilence.org

SEXUAL ASSAULT AWARENESS MONTH (SAAM):

www.nomore.org/campaigns/sexual-assault-awareness-month

MORE THAN A PHONE:

www.morethanaphone.org

Video series: www.morethanaphone.org/more-than-a-statistic

BRENÉ BROWN ON EMPATHY

www.brenebrown.com/videos/rsa-short-empathy

FOLLOW ON INSTAGRAM:

[@morethanaphone](https://www.instagram.com/morethanaphone)

[@the_title_ix_guy](https://www.instagram.com/the_title_ix_guy)

[@paveinfo](https://www.instagram.com/paveinfo)

[@rainn](https://www.instagram.com/rainn)

