

# Resources for Survivors

Adapted from Futures Without Violence Resource List

## National Resources for Survivors

Remember that you are not alone and supports remain available to you

- **The National Domestic Violence Hotline** is 24/7, confidential and free: 1-800-799-7233 and through chat.
- **The National Sexual Assault Hotline** is 24/7, confidential and free: 800.656.HOPE (4673) and through chat.
- **The StrongHearts Native Helpline** for domestic/sexual violence is available 7am-10pm CT, confidential, and specifically for Native communities: 1-844-762-8483
- **The Trans LifeLine** for peer support for trans folks 9am-3am CT: 1-877-565-8860 This hotline is staffed exclusively by trans operators is the only crisis line with a policy against non-consensual active rescue.
- **Additional Resources** can be found under "Find Help" on our website

## Sheltering In Place

Sheltering in Place recommendations or restrictions may create additional difficulties and risks for survivors. If authorities call for "shelter in place" in your area, are there other friends or family you could stay with during this time?

Consider reaching out to these people to make a plan: Consider reaching out to a trusted friend, co-worker, or family member who could check in with you about your safety and support needs. Are you connected with close friends or family members of the person who is hurting you? Are they aware of what is happening or are they a safe person to reach out to? Consider connecting with them now in case you need someone to help you in an emergency

## Safety Planning for Covid-19

[Staying Safe During Covid-19](#)

## State/Local/Campus Resources for Survivors

- **Michigan Sexual Assault Hotline** is a confidential, free, 24/7/365 hotline: (855) 864-2374. Visit their website at <https://www.michigan.gov/voices4/> for more information
- **R.I.S.E. Advocacy** has a confidential and free, 24/7/365 crisis line: (844) 349-6177. Visit their website at <https://www.riseadvocacy.org/services/> for information regarding additional services
- **CMU Counseling Center**: Available for currently enrolled Central Michigan University students. Currently the center operating with videoconferencing for all sessions during regular business hours. Contact the center (989) 774-3381 for more information or to schedule an appointment. Visit their website at [www.counsel.cmich.edu](http://www.counsel.cmich.edu) for up to date information related to Covid-19 practices
- **Additional Resources** can be found under "Find Help" on our website

## CMU Updates on Coronavirus

Visit Central Michigan University's [official page](#) for all updates on Coronavirus at this time.

## SAPA Status

Due to CMU's shift to online classes for the remainder of the spring semester, SAPA services will remain shutdown until late August, 2020. Please know that locally, all calls to our crisis line will still roll over to RISE Advocacy. For complete listing of additional resources, visit our "Find Help" section on our website: [www.sapa.cmich.edu](http://www.sapa.cmich.edu)



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