



Resources for Survivors

Nonprofit Organizations Providing Support

[Darkness2Light](#) is a national non-profit committed to empowering adults to prevent child sexual abuse. Anyone can take their online course, [Stewards of Children®](#), which aims to educate parents, teachers and concerned community members on The 5 Steps to Protecting Children™.

[RAINN](#) is a national nonprofit that offers a free sexual assault telephone hotline for survivors to receive support from a trained staff member. The number is 1.800.656.HOPE (4673) and learn more about its services [here](#). Find a support group in your area by accessing their database [here](#).

[New York Center for Children](#) provides free clinical therapy, medical examinations, crisis intervention and counseling for child survivors of abuse from age 3 to 21. Learn more about its services [here](#).

Self-Care After Trauma - RAINN has a free tip sheet for physical and emotional self-care following a sexual assault. Download [here](#).

[NJ Coalition Against Sexual Assault](#) provides a variety of services to survivors of sexual violence and their loved ones.

[Stop It Now](#) has great resources for adult survivors of child sexual abuse who are engaged in the recovery process. View list [here](#).

Incest Survivor and Sibling Sexual Abuse Survivor Resources

[Tail of the Bell](#) coaches and connects incest survivors whose life histories have gone through extreme adversities of the human experience. They provide a platform for you to not only survive day-to-day, but thrive in your everyday life so you may move on to fulfill your dreams.

[Sibling Sexual Trauma](#) strives to bring together critical information from reputable sources, with references, to guide others on their path of coping, decision-making, and healing after sibling sexual trauma.

[EmpowerSurvivors](#) aids in reducing the silence and stigma of childhood sexual abuse. It offers individualized mentorship programs, peer-support groups, classes, and conferences. These programs help aid in the survivor recovery process, reduce isolation, provide skills to help manage lives in the community and promote health and wellbeing.



[IncestAware](#) is an alliance of survivors, supporters, and organizations on a mission to keep children safe from family incest in the first place. It offers services and solutions to end sexual abuse in families through prevention, intervention, recovery, and justice.

[M*OASIS](#) Breaking the stigma and shame of incest and childhood sexual abuse by offering resources and a place of refuge for anyone supporting an adult survivor (not just mothers!).

[Dr. Lori Pitts](#) is a coach, public speaker and educator helping survivors recover from sexual abuse.

[5WAVES](#) is a not-for-profit promoting Worldwide Awareness, Voice, Education and Support around Sibling Sexual Trauma--child sexual abuse caused by a sibling.