



MENTAL AND PHYSICAL WELL-BEING RESOURCES

RAINN (Rape, Abuse and Incest National Network)

The nation's largest anti-sexual violence organization

National Sexual Assault Hotline: 1-800-656-HOPE

www.rainn.org

The Trevor Project

Crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24

Trevor Lifeline: 866-488-7386

www.thetrevorproject.org

The Chicago Metropolitan YMCA Rape Crisis Hotline

Call 888-293-2080 for **Chicago Region**

Operating 24 hours a day, 7 days a week, the [Rape Crisis Hotline](#) provide survivors of sexual violence and their significant others immediate support, crisis intervention and referrals for the city of Chicago and surrounding suburbs. The volunteers and staff at the hotline have received extensive training in sexual assault crisis intervention. The Chicago Rape Crisis Hotline is also the Rape, Abuse and Incest National Network (RAINN) affiliate for the city of Chicago.

[Mujeres Latinas En Accion, Chicago](#) - Counseling, Advocacy, 24-hour crisis line: (312) 738-5358

[Center on Halsted](#) – Free or low-cost counseling services specializing in working with LGBTQ individuals

[Center for Contextual Change](#) – Counseling for perpetrators of sexual or domestic violence, as well as survivors

[KAN-WIN](#) – Provides multi-lingual free counseling and legal advocacy for Asian-American and Asian immigrant survivors of sexual or domestic violence

[Apna Ghar](#) – Counseling, advocacy, and emergency shelter provided across immigrant communities

[Life Span](#) - Legal services and advocacy

[SHALVA](#) – Domestic violence services serving the Jewish community, 24-hour crisis line: (773) 583-HOPE (4673)

[Between Friends](#) - Counseling, support, court advocacy

[National Network to End Domestic Violence](#)

The City of Chicago Domestic Violence Help Line 1-877-TO-END-DV (1-877-863-6338) – Help line is available 24 hours a day, 7 days a week.

Evanston Domestic Violence Line (YWCA): 877-718-1868

[Illinois Coalition Against Domestic Violence](#) – Resources, training, education

[The National Domestic Violence Hotline](#) – Hotline, resources and support
1-800-799-SAFE (1-800-799-7233) and an online chat

[Victim Connect Stalking Resource Center](#) – National site with a resource map and referral helpline at 1-855-4-VICTIM or [online live chat](#)

[The Stalking Prevention, Awareness, & Resource Center](#) - National site with information, resources

[Outrage Us: The Stalking Project](#) - Resources

[Stalking Safety Tips and Resources](#) - Resources, safety tips

[Safety Tips for Stalking Victims](#) - Information, safety tips

Request a [Stalking No Contact Order](#)