

SEXUAL ASSAULT RESOURCES



Recovering from a traumatic experience is not just about surviving; it's about thriving. Sexual Assault is a deeply distressing violation that leaves survivors with profound pain and questions. If you are reading this, whether you're a survivor or seeking information to support someone you care about, know that you are not alone.

Every survivor's experience is unique, and healing is a deeply personal journey. We hope to provide information and resources in a kind, gentle, and non-judgmental manner, respecting your choices and pace. We'll walk alongside you as you rediscover your inner strength, rebuild your sense of self, and find hope and joy in life once again.

It's important to remember that you are not alone, and there is no shame in asking for help. Healing is possible, and hope is a powerful force. You can take the first step towards recovery and rebuilding your life by accessing the available resources. Remember, you deserve to feel safe, loved, and supported.

We invite you to explore the resources in this guide at your own pace, seeking the support and knowledge that resonate with you. If you have any questions or concerns about an agency listed in this guide, please do not hesitate to contact our offices at 225-342-1570 for more information.

Health & Happiness,



1IN6

[Click here for website](#)

The mission of 1in6 is to help men who have had unwanted or abusive sexual experiences live healthier, happier lives. Our mission also includes serving family members, friends, partners, and service providers by providing information and support resources on the web and in the community.

BISHOPACCOUNTABILITY.ORG

[Click her for website](#)

BishopAccountability.org is a digital and brick-and-mortar archive of the Catholic clergy abuse crisis; the staff also does basic research. We establish assignment histories of accused clergy and religious, maintain a database of accused, and track the lists of accused that the dioceses and religious orders have published. Our website makes publicly available more than 63,630 pages of church files; over 121,000 news articles; a collection of investigative and other reports and studies totaling more than 100,000 pages; and over 1,880 archived copies of lists of accused, created by more than 150 dioceses and more than 25 religious institutes and provinces.

CAFA OGLA

[Click her for website](#) Phone: 985-217-5358

Café Oglá: One People to STOP Violence, is a program to provide culturally-sensitive victim services for United Houma Nation citizens living in the 6-parish service area who are victims of: Sexual Assault, Domestic Violence, Dating Violence, and Stalking. Our program's focus is helping individuals and families heal, plan, and move forward independently following traumatic experiences. We assist victims (ages 11 and up) with understanding their legal rights and protections while they are interacting with the police, and navigating the criminal justice system.

CYBER CIVIL RIGHTS INITIATIVE

CCRI Image Abuse 24/7 Helpline: 1-844-878-2274

[Click here for website](#)

In 2011, private, intimate images of Dr. Holly Jacobs were posted online and distributed without her consent to her employer, her peers, her friends, her family members, and to strangers online. This violation of her intimate privacy led to harassment and injury to her mental health, educational and professional opportunities, and relationships. Throughout her ordeal, she sought help from law enforcement and attorneys but found little support or understanding. In 2012, Dr. Jacobs launched End Revenge Porn, an online campaign that collected signatures in favor of criminalizing nonconsensual pornography (NCP). Over time, End Revenge Porn grew into an online hub where individuals experiencing NCP could get information and support from survivors and advocates, receive referrals to pro or low bono attorneys, and support legislation against NCP. Today, CCRI is the nation's leading organization serving thousands of victims around the world and advocating for technological, social, and legal innovation to fight online abuse.

ADAPT, INC.

24-Hour Crisis Line: 985-732-4961

[Click here for website](#) Phone: 985-322-2085

ADAPT is a non-profit organization offering personal and pre-employment drug screens, individual or group counseling and a variety of prevention programs for the betterment of our community. The purpose of ADAPT is to provide a comprehensive center that offers advocacy, prevention and intervention services in the areas of sexual violence, substance abuse, and other problem behaviors of children and adults in Washington Parish. ADAPT strives to empower children, their parents, and other adults by providing knowledge and skills through its many programs and wide array of service. ADAPT stands ready to serve children and adults who are suffering as a result of sexual violence, substance abuse or any other problem behavior. ADAPT encourages our community to strengthen their prevention efforts through collaboration with schools, churches and community organizations.

THE BREATHE NETWORK

[Click her for website](#)

The Breathe Network supports survivors of sexual trauma with sliding-scale, trauma-informed, holistic healing practitioners and programs across the United States and Canada. Additionally, we train healthcare, healing, and advocacy professionals on the nuanced impacts of sexual violence and how to cultivate best practices in trauma-informed care. By offering a holistic approach to healing, survivors are empowered to reclaim and reconnect with their physical, psychological, and spiritual selves in the aftermath of sexual violence. Ensuring survivors' immediate and ongoing access to trauma-informed holistic support reduces the likelihood that the many physical and psychological symptoms of post-traumatic stress will take a hold of their body, psyche, and life.

CATHOLIC WHISTLEBLOWERS

[Click her for website](#)

Catholic Whistleblowers is a network of current and former priests, women religious, brothers, deacons, and laypersons who actively support survivors of sexual abuse in the Catholic Church. Many of us have reported instances of sexual abuse to civil or church authorities, and we all struggle to expose the cover-up of abuse by church leadership. We are aware of how difficult it is to speak out on this issue, and we support each other in that effort. It is important for all of us - and Church leaders - to give voice to victims/survivors and their loved ones. We have worked with so many victims/survivors, their parents, siblings, spouses, and loved ones, who want to share their story. It takes courage to give voice to the pain, continue their healing, and advocate for change.

FAMILY JUSTICE CENTER CENTRAL LOUISIANA

[Click here for website](#) Phone: 318-448-0884

The Family Justice Center of Central Louisiana is a collaborative organization that provides victims of domestic abuse and sexual assault (including children, adults and the elderly) a secure place to receive services from multiple agencies all under ONE roof. The Center strives to create a community where survivors and children are safe, abusers are held accountable, economic justice is fostered, and families thrive.

FORENSIC NURSE EXAMINERS OF LOUISIANA

[Click here for website](#) Phone: 318-226-6881

Forensic Nurse Examiners of Louisiana (FNE) is a non-profit organization providing forensic examinations and evidence collection to victims of sexual and domestic violence since 2005. Our singular goal is to provide quality forensic evaluations to victims of sexual assault or violence. FNE works closely with other members of the sexual assault response team.

HEARTS OF HOPE

[Click here for website](#) Phone: 337-269-1557

24-Hour Crisis Support & Guidance: 337-233-7273

Hearts of Hope oversees all sexual assault reporting and case management for children and adult victims in the community.

Hearts of Hope is comprised of 3 entities with one vision of ending sexual violence. The Children's Advocacy Center is a cooperative effort between the 15th & 16th Judicial District

Courts that brings together professionals to provide a comprehensive response and safe haven for children. The Sexual Abuse Response Center is a provider of education, counseling and advocacy services to survivors of all forms of sexual violence, including sexual assault and stalking. The

Sexual Assault Nurse Examiners are Nurses offering comprehensive care to the survivors of sexual assault in the emergency room. Highly skilled nurses educate survivors on their rights and benefits of receiving an exam and treatment.

LOUISIANA FOUNDATION AGAINST SEXUAL ASSAULT (LAFASA)

24/7 Helpline (English and Spanish): 1-888-995-7273

Text an advocate: 225-351-SAFE (7233)

[Click here to chat online with an advocate](#)

[Click here for website](#)

LaFASA is the coalition agency that serves statewide sexual assault crisis centers through education, professional training, technical assistance, and community engagement resulting in safer, healthier, stronger, and better-informed communities throughout Louisiana. LaFASA also provides advocacy and legal services directly to survivors and cultivates prevention in our communities.

FAMILY JUSTICE CENTER OF OUACHITA PARISH

[Click here for website](#) Phone: 318-367-5105

The Family Justice Center of Ouachita Parish (FJC) is a one-stop information and service center here to serve those seeking assistance in domestic violence or teen dating situations, for sexual assault or stalking. We have worked throughout Northeast Louisiana to form collaborative partnerships to end Domestic Violence, Sexual Assault, Teen Dating Violence and Stalking. The FJC's goal is to make services more accessible to victims of these crimes by locating together: social workers, civil legal assistance, law enforcement, counselors, medical personnel, prosecutors, clergy, and community volunteers.

THE HAVEN

[Click here for website](#) Phone: 985-872-0757

The Haven provides safety, advocacy, crisis response, and education to survivors of sexual assault and domestic, dating, and family violence. The mission of The Haven is to empower survivors of family violence and sexual assault to live safe, independent, and violence free lives. The Haven is dedicated to breaking the cycle of violence by changing attitudes and beliefs in order for all people to live free from the threat of violence.

JANE DOE NO MORE

[Click here for website](#) Phone: 225-578-5718

Empowering survivors of sexual crimes to find their voice, advance their healing and educate others. We envision a society that no longer spreads doubt, instills fear, casts shame or places blame on survivors of sexual crimes.

THE LIGHTHOUSE PROGRAM

[Click here for website](#) Phone: 225-578-5718

The Lighthouse Program provides free and confidential interpersonal violence prevention, support, and advocacy to the LSU campus community. The program assists student-survivors of sexual assault, interpersonal violence, stalking, and harassment. The Lighthouse Program is physically located on the ground floor of the Student Health Center. The Lighthouse Program services are available Monday through Friday 8 a.m.-5 p.m. The Lighthouse Program provides survivors and students-at-risk with options for recovery and support, including assistance with: coordinating evidence collection, obtaining medical care, obtaining emotional support, arranging safe housing, securing academic accommodations, filing a police report, filing a university judicial report, and additional referrals to appropriate services and resources are provided as needed.

MALE SURVIVOR

[Click here for website](#) [Online Forum](#)

MaleSurvivor is a 501(c)(3), non-profit, public benefit organization committed to preventing, healing, and eliminating all forms of sexual victimization of boys and men through support, treatment, research, education, advocacy, and activism. MaleSurvivor has an international membership of over 15,000 registered members from over 200 countries in the world. MaleSurvivor is dedicated to providing personalized support for men at every stage of the healing process. We facilitate dialogue among survivors, as well as between survivors and professional therapists, on our online support forums like a vibrant and moderated Support Forum, online 24/7 chat and at in-person events. We provide educational resources that help empower them to process their past and look forward to a brighter future. And we do everything in a way that recognizes and respects the diversity of survivors and their allies.

ME TOO. INTERNATIONAL

[Click here for website](#)

As a global, and survivor-led, movement against sexual violence, we are dedicated to creating pathways for healing, justice, action and leadership. If your life was forever changed by sexual violence, you are not alone. Wherever you are in your healing journey, we are here to help. me too.

International's work is to reframe and expand the global conversation around sexual violence to speak to the needs of a broader spectrum of survivors, including young people, queer, trans, and disabled folks, Black women and girls, and all communities of color. We work to build survivor power through narrative and cultural strategy – holding accountable the systems that perpetuate harm and violence; amplifying the experiences of marginalized communities in the movement to end sexual violence; and shifting mainstream, dominant frames to focus on survivor-centered, trauma-informed solutions to societal issues.

MILITARY RAPE CRISIS CENTER

[Click here for website](#)

Since 2006, the Military Rape Crisis Center (MRCC) has been working to put an end to sexual violence in the United States Armed Forces. MRCC is a survivor-run organization. All of our services are free for Active Duty, Reserves and National Guard members and veterans of the United States Armed Forces that been sexually harassed, sexually assaulted and/or raped. We do not have a time in service or character of discharge requirement. We also are available to offer support to parents, spouses and family members of Military Sexual Trauma survivors to help their loved ones. All genders are welcomed.

MENHEALING

[Click here for website](#)

MenHealing provides healing resources for men and male-identified individuals, age 18 and older, who have experienced sexual victimization during childhood and/or as an adult. Our range of services include educational resources as well as in-person and virtual healing events for skills-building, connection, and community. MenHealing retreats are thoughtfully planned healing experiences designed to inform, inspire, and support men who have been sexually victimized as adults or children. No other organization offers this innovative healing resource.

METRO CENTERS FOR COMMUNITY ADVOCACY GNO (MCCAGNO)

After Hours Crisis Line: 1-888-411-1333

[Click here for website](#) Phone: 504-837-5400

Metro currently provides wrap-around services including individual advocacy, information and referrals, group support, medical advocacy, legal advocacy, sheltering, individual support, safety planning, and caregiver support to survivors in eight Louisiana parishes. These parishes include a spectrum of communities from urban to suburbs to exurbs to rural areas. Metro has the main office complex, three shelters, and six satellite offices. Metro also provides a 24/7 Crisis Line for counseling and/or referrals for victims. All services to survivors offered by Metro are free and confidential.

NATIONAL SEXUAL VIOLENCE RESOURCE CENTER (NSVRC)

Toll-Free Phone: 877-739-3895

TTY: 717-909-0715

[Click here for website](#)

NSVRC provides research & tools to advocates working on the frontlines to end sexual harassment, assault, and abuse with the understanding that ending sexual violence also means ending racism, sexism, and all forms of oppression. NSVRC is the leading nonprofit in providing information and tools to prevent and respond to sexual violence. NSVRC translates research and trends into best practices that help individuals, communities and service providers achieve real and lasting change. NSVRC also works with the media to promote informed reporting. NSVRC is also one of the three founding organizations of RALIANCE, a national, collaborative initiative dedicated to ending sexual violence in one generation.

NEW ORLEANS FAMILY JUSTICE CENTER (NOFJC)

24-Hour Crisis Line: 504-866-9554

[Click here for website](#) Phone: 504-592-4005

New Orleans Family Justice Center is a partnership of agencies dedicated to ending family violence, child abuse, sexual assault, and stalking through prevention and coordinated response by providing comprehensive client-centered, empowerment services in a single location. All of our services are free and offered in English and Spanish. On-site childcare is available.

NORTHWEST LOUISIANA FAMILY JUSTICE CENTER

24-Hour Crisis Line: 318-226-5015

[Click here for website](#) Phone: 318-584-7171

The Northwest Louisiana Family Justice Center (NWLJFC) is a collaboration among public and private agencies in nine parishes to provide support services and resources for victims of Domestic Violence, Sexual Assault and Exploitation. Our mission is to provide a safe and accessible, central intake and service center for survivors of domestic violence, sexual assault, dating violence and stalking to receive comprehensive, coordinated community services during this very difficult time.

RAPE, ABUSE, AND INCEST NATIONAL NETWORK (RAINN)

Sexual Assault Hotline: 800-656-HOPE (4673)

[Click here for website](#) [Online Hotline Chat](#)

RAINN is the nation's largest anti-sexual violence organization. RAINN created and operates the National Sexual Assault Hotline in partnership with more than 1,000 local sexual assault service providers across the country and operates the DoD Safe Helpline for the Department of Defense. RAINN also carries out programs to prevent sexual violence, help survivors, and ensure that perpetrators are brought to justice.

SAFER SOCIETY FOUNDATION

[Click here for website](#)

The mission of Safer Society Foundation, Inc. is to provide services and resources for preventive and restorative responses to sexual and social violence. Based on the vision of its founder, Fay "Honey" Knopp, the organization strives to achieve its mission through three major initiatives: Safer Society Press, a print and media conduit of knowledge for all professionals whose work parallels the mission of Safer Society Foundation. Safer Society Continuing Education Center, an online conduit of knowledge that produces webinars and trainings for all professionals whose work parallels the mission of Safer Society Foundation. New Circle Mentoring, a community-based mentoring program that provides at-risk children in Central Vermont the one-on-one support and encouragement of a caring adult to help them overcome the obstacles in their paths to healthy adulthood.

OASIS A SAFE HAVEN

[Click here for website](#) Phone: 337-436-4552

It is our mission to create social change through empowerment and support for victims of domestic violence and sexual assault, safe shelter for men, women and children, and community education. The professional staff and trained volunteers at Oasis A Safe Haven for Survivors of Domestic and Sexual Violence provide 24/7 support to victims of domestic violence and sexual assault. All services are 100% confidential and completely free of charge.

PROJECT CELEBRATION, INC. (PCI)

Bossier, Caddo & Webster SA Hotline: 318-227-7900

DeSoto, Nathchitoches, Red River, & Sabine SA Hotline:
318-256-6242

[Click here for website](#) Phone: 318-256-6242

Our agency provides direct services to survivors of domestic violence, sexual assault and children experiencing violence. PCI has carefully designed our services to fit the needs of our community. We also have outreach offices in each parish to provide services to nonresidential clients. PCI also offers free services to sexual assault survivors such as medical, personal and court advocacy. We offer visit coaching and parenting classes through our Family Resource Center. All services through our organization are free and confidential. We never share your name or information with anyone outside our organization and work tirelessly to ensure we provide safe and effective services to all in need.

SEXUAL ASSAULT YOUTH SUPPORT NETWORK (SAYSN)

[Click here for website](#)

SAYSN, first and foremost, is a community of survivors, supporters, and advocates that are dedicated to building a world without sexual violence where justice is restorative and healing is possible. Since our founding in 2017, we have worked to curate a team of volunteers, staff, and board members that are intimately aware of the dynamics of sexual victimization, advocacy, and the criminal legal system, and know what must be done to transform them. The core of our organization, and of our programs, is supporting, empowering, and connecting young survivors. As we grow, we hope to increase the diversity of our impact in these areas.

DOD SEXUAL ASSAULT PREVENTION AND RESPONSE

DoD Safe Helpline: 1-877-995-5247

[Click here for website](#)

Department of Defense (DoD) Sexual Assault Prevention and Response Office (SAPRO) represents the Secretary of Defense as the central authority charged with preventing sexual assault in the military and facilitating recovery for survivors. Our mission is to promote military readiness by reducing sexual assault through prevention, advocacy, and execution of SAPRO Program policy, planning, and oversight across the DoD Community. SAPRO collaborates with the Military Services and the civilian community to develop and implement innovative prevention and response policies and programs. It also facilitates the sharing and adoption of best practices across the Services. DoD is also committed to the implementation of the Independent Review Commission on Sexual Assault in the Military's recommendations to systemically improve prevention, climate and culture, victim care and support, and accountability.

SEXUAL TRAUMA AWARENESS AND RESPONSE (STAR)

24/7 Hotline: 855-435-STAR (7827)

Capital Area & New Orleans Phone: 225-615-7093

Central LA Phone: 318-625-7592

[Click here for website](#)

Sexual Trauma Awareness and Response® (STAR®) is a nonprofit organization committed to serving youth and adult survivors of sexual trauma and building institutional capacity to prevent and respond responsibly to sexual violence in the community. STAR provides supportive services to survivors to reduce their experience of trauma. Our advocacy, counseling and legal services are available to youth and adult survivors of sexual violence at no cost, and are intended to assist you at any stage of your healing.

ST. LANDRY-EVANGELINE SEXUAL ASSAULT CENTER (SLESAC)

[Click here for website](#) Phone: 337-585-4673

SLESAC provides counseling services and community outreach and educational programs. It is imperative that we continue to educate and raise awareness of the effects of violence within our community. We provide help, healing and hope to survivors of sexual abuse and/or assault and their families. All services offered are confidential and free of charge.

SURVIVORS OF INCEST ANONYMOUS (SIA)

[Click here for website](#) [Find a Meeting](#)

The SIA World Service Office serves both the many independent SIA support groups around the world, as well as individuals who contact us. We: publish and offer literature for sale; maintain the Directory of Meetings and keep current a list of members; maintain an SIA information phone line; issue quarterly Newsletters and offer speakers for outreach and education opportunities. SIA is a 12-Step, self-help recovery program modeled after Alcoholics Anonymous. There are no dues or fees. Confidentiality and anonymity are essential to our program. SIA is for men and women, 18 years and older, who were sexually abused as children. You will not be rejected because you think your abuse was "too horrible," or you think your abuse wasn't "bad enough to count."

SOUTHEAST ADVOCATES FOR FAMILY EMPOWERMENT (SAFE)

[Click here for website](#) Phone: 985-542-8384

SAFE is a private, non-profit agency serving domestic/dating violence and sexual assault survivors and their children in Tangipahoa, Livingston, St. Helena and Washington Parishes. SAFE provides 24-hour crisis intervention in Tangipahoa, Livingston and St. Helena Parishes, as well as rapid rehousing in Washington Parish. SAFE offers advocacy and referral services to adults who self-identify as being victims of domestic and sexual violence and their dependent children. The agency provides an array of services, including crisis intervention, safety planning, individual/group counseling, emergency food, clothing, temporary lodging, transitional housing, transportation, legal advocacy/support, court technical assistance, court preparation and court accompaniment.

STOP NON-CONSENSUAL INTIMATE IMAGE ABUSE

[Click here for website](#)

StopNCII.org is operated by the Revenge Porn Helpline which is part of SWGfL, an international charity that believes that everyone should benefit from technology, free from harm. StopNCII.org is a project operated by the Revenge Porn Helpline. It introduces innovative technology that is used by tech companies to help people from becoming victims by preventing sharing of specific intimate images. This new venture of technology offers victims a preventative tool, something which can only further support victims to feel empowered when online.

SURVIVORS NETWORK OF THOSE ABUSED BY PRIESTS (SNAP)

[Click here for website](#) [Find a Support Group](#)

We are SNAP, the largest, oldest and most active support group for women and men wounded by religious and institutional authorities (priests, ministers, bishops, deacons, nuns, coaches, teachers, and others). We support survivors through conversations, email and general support with our hotline. We host support groups for survivors nationwide. We have over a hundred volunteer local SNAP leaders who provide day to day and one on one support for those in need. We help provide references and links to resources to enable survivors to thrive. We advocate for stronger laws to protect children and the vulnerable. We advocate for reform of statute of limitation laws that limit criminal prosecution and civil responsibility for abusers. We expose predators and those who shield them. We share our stories and empower others to confront the truth. Together, we find healthy ways to recover.

VOICES IN ACTION

[Click here for website](#)

Voices in Action is 501(c)3 nonprofit organization that provides solutions to gender-based issues of equity and safety in the entertainment industry while supporting survivors and fighting for the accountability of perpetrators. We do this through a holistic set services that include: The ability to privately detail, document, and timestamp incidents of abuse including harassment, power imbalance, sexual misconduct, assault, and rape; A timestamped receipt that serves as an additional layer of evidence and corroboration of your story if or when you choose to come forward; The ability to track serial perpetrators with a unique system that sends optional alerts to individuals who name the same perpetrator as another individual; The option to discuss your next steps with trauma-informed legal counsel at no charge; and Free educational services, advocacy, resources, and support for survivors.

THE WELLSPRING ALLIANCE FOR FAMILIES

[Click here for website](#) Phone: 318-323-1505

The Wellspring is an umbrella organization focused on leading our community by serving people in need. Strengthening the lives of individuals and families is the tie that binds our programs together. Our programming includes mentoring and positive youth development through our Youth Empowerment Program, formerly Big Brothers Big Sisters of Northeast Louisiana; counseling, therapy and supervised visitation services through the Counseling & Family Development Center; comprehensive residential and non-residential services for survivors of domestic violence, dating violence, sexual assault and stalking. We also provide an array of homeless and Veterans' programs and services throughout Northeast Louisiana, serving some of our region's most vulnerable individuals and families who are homeless, chronically homeless or at-risk of becoming homeless.