






#METOOK12




WWW.PPS.NET/TITLEIX




ADVOCACY & SUPPORT RESOURCES

FOR SURVIVORS OF SEXUAL OR DOMESTIC VIOLENCE, HARASSMENT OR BULLYING




Not ready to call or don't want to talk? Many services offer confidential chat and/or text options.

<p>ORGANIZATION</p> <p>(CLICK LINK FOR WEBSITE)</p>	 PHONE	 TEXT	 CHAT	<p>NOTES/INFO</p>
<p>Raphael House</p>	<p>503.222.6222</p> <p>24/7</p>			<p>Offers immediate safety and a wide range of supportive services for survivors of sexual and domestic violence including emergency housing.</p>
<p>Sexual Assault Resource Center (SARC)</p>	<p>503.640.5311</p> <p>24/7</p>			<p>Confidential, free, anonymous support line offers a safe place for survivors and their loved ones to get immediate support in the ways they need.</p>
<p>Love is Respect (teen dating violence)</p>	<p>866.331.9474</p> <p>24/7</p> <p>866.331.8453 TTY for Deaf/hard of hearing individuals)</p>	<p>Text "LOVEIS" to 22522</p> <p>24/7</p>	<p>click here to chat</p> <p>24/7</p>	<p>At loveisrespect, we believe everyone deserves to have healthy relationships, including YOU.</p> <p>If you have questions about dating in general or a specific relationship, or if you are in an unhealthy or abusive relationship, you deserve support and resources to help you with your situation. You are not alone; our peer advocates are here for you 24/7/365.</p>

<p>ORGANIZATION</p> <p>(CLICK LINK FOR WEBSITE)</p>	 PHONE	 TEXT	 CHAT	<p>NOTES/INFO</p>
<p>The Trevor Project</p>	<p>Lifeline: 866.488.7386</p> <p>24/7</p>	<p>trevorspace.org</p> <p>social network and online community connecting youth</p> <p>24/7</p>	<p>trevorchat.org</p> <p>confidential, secure internet chat that provides live help to youth in crisis</p> <p>24/7</p>	<p>Leading national org providing crisis intervention and suicide prevention to lesbian, gay, bisexual, transgender and questioning youth age 13-24.</p>
<p>YouthLine (Oregon)</p>	<p>877.968.8491</p> <p>24/7</p> <p>(teens available Mon-Fri 4-10PM)</p>	<p>Text “Teen2Teen” to 839863</p> <p>24/7</p> <p>(teens available Mon-Fri 4-10PM)</p>	<p>Click here to chat</p> <p>24/7</p> <p>(teens available Mon-Fri 4-10PM)</p>	<p>YouthLine is a free, private (not confidential) teen-to-teen crisis and help line. Contact us with anything that may be bothering you. No problem is too big or too small for the YouthLine!</p>
<p>Call to Safety</p> <p>(formerly Portland Women’s Crisis Line)</p>	<p>503.235.5333 or</p> <p>888.235.5333</p> <p>24/7</p>	<p>503.235.5333</p> <p>Mon-Fri 11AM-3PM</p>	<p>Click here to start chat</p> <p>Or</p> <p>Start here</p> <p>Mon-Fri 11AM-3PM</p>	<p>Every Call to Safety advocate is trained to provide sexual assault advocacy on the crisis line. Our advocates offer emotional support, education, referrals to other agencies, information about support groups and help survivors understand their medical and reporting options. Advocates also provide in-person medical advocacy to individuals who have experienced sexual assault.</p>

<p>ORGANIZATION</p> <p>(CLICK LINK FOR WEBSITE)</p>	 PHONE	 TEXT	 CHAT	<p>NOTES/INFO</p>
<p>VOA-Homefree</p>	<p>503.771.5503</p> <p>Mon-Fri 8AM-5PM</p>			<p>To assist adults and children surviving domestic violence to move not just toward safety, but toward freedom and all that the word home suggests.</p>
<p>RAINN</p> <p>National Sexual Assault Hotline</p>	<p>800.656.HOPE (4673)</p> <p>24/7</p>	<p>online.rainn.org for online messaging</p> <p>24/7</p>	<p>Click here for live chat</p> <p>24/7</p>	<ul style="list-style-type: none"> • Confidential support from a trained support specialist • Someone to help you talk through what happened • Resources that can assist with your next steps toward healing and recovery • Referrals for long term support in your area • Information about the laws and resources in your community
<p>Proyecto UNICA</p>	<p>503.232.4448</p> <p>24/7</p> <p>Línea de Crisis disponible las 24 horas</p>			<p>Bilingual support line provides 24 hours a day, 7 days a week support for survivors of interpersonal violence.</p>
<p>Trans Sexual Assault Resources</p>				<p>Link to self-help guide. Offers a self-help guide to help & healing.</p>

PPS Advocacy & Support for Survivors – list as of 2/2020.

<p>ORGANIZATION</p> <p>(CLICK LINK FOR WEBSITE)</p>	 PHONE	 TEXT	 CHAT	<p>NOTES/INFO</p>
<p>Male survivor</p>	<p>Contact info</p>			<p>MaleSurvivor has offered support, community and learning opportunities for thousands of men since the 1990s. This is not only proof that our methods are effective, but also that you are not alone.</p>
<p>Thorn (stop sextortion)</p>		<p>Text "THORN" to 741741</p>		<p>Download steps to safety here.</p> <p>Sextortion is when someone uses an explicit photo of you to threaten you to do something they want – it’s bribery using nude or otherwise explicit photos instead of money,</p>
<p>Multnomah County Mental Health Crisis Line</p>	<p>503.988.4888 or 800.716.9769 24/7</p>			<p>If you or somebody you know is having trouble functioning, mental health and addiction services is here to listen. Translation services available.</p>
<p>Legal Assistance in Oregon</p>				<p>Free legal help for low-income Oregonians.</p>

For more info on PPS’s partnership w/VOA Homefree & Raphael House to offer PPS students free, 100% confidential advocacy, [please click here.](#)

[Link to list of shelters & advocacy programs across Oregon from OCADSV](#)

This list was compiled and is maintained by the Title IX Director – please send email directly to lobanion@pps.net with suggestions or edits.