









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.




ORGANIZATION (CLICK LINK FOR WEBSITE)	 PHONE	 TEXT	 CHAT	NOTES/INFO
Raphael House	503.222.6222 24/7			Offers immediate safety and a wide range of supportive services for survivors of sexual and domestic violence including emergency housing.
Sexual Assault Resource Center (SARC)	503.640.5311 24/7			Confidential, free, anonymous support line offers a safe place for survivors and their loved ones to get immediate support in the ways they need.

PPS Advocacy & Support for Survivors – list as of 11/2019

<p>Love is Respect (teen dating violence)</p>	<p>866.331.9474 24/7 866.331.8453 TTY for Deaf/hard of hearing individuals)</p>	<p>Text LOVEIS to 22522 24/7</p>	<p>click here to chat 24/7</p>	<p>At loveisrespect, we believe everyone deserves to have healthy relationships, including YOU. 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 (CLICK LINK FOR WEBSITE)</p>	<p> PHONE</p>	<p> TEXT</p>	<p> CHAT</p>	<p>NOTES/INFO</p>
<p>The Trevor Project</p>	<p>Lifeline: 866.488.7386 24/7</p>	<p>trevorspace.org social network and online community connecting youth 24/7</p>	<p>trevorchat.org confidential, secure internet chat that provides live help to youth in crisis 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 24/7 (teens available Mon-Fri 4-10PM)</p>	<p><i>Teen2Teen</i> to 839863 24/7 (teens available Mon-Fri 4-10PM)</p>	<p>Click here to chat 24/7 (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>503.235.5333 or</p>	<p>503.235.5333</p>	<p>Click here to start chat</p>	<p>Every Call to Safety advocate is trained to provide sexual assault advocacy on the crisis line. Our advocates offer emotional</p>

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<p>Call to Safety</p> <p>(formerly Portland Women’s Crisis Line)</p>	<p>888.235.5333</p> <p>24/7</p>	<p>Mon-Fri 11AM-3PM</p>	<p>Or</p> <p>Start here</p> <p>Mon-Fri 11AM-3PM</p>	<p>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>Bilingual support line provides 24 hours a day, 7 days a week support for survivors of interpersonal violence.</p>

	Línea de Crisis disponible las 24 horas			
Trans Sexual Assault Resources				Link to self-help guide. Offers a self-help guide to help & healing.
ORGANIZATION (CLICK LINK FOR WEBSITE)	 PHONE	 TEXT	 CHAT	NOTES/INFO
Male survivor	Contact info			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.
Multnomah County Mental Health Crisis Line	503.988.4888 or 800.716.9769 24/7			If you or somebody you know is having trouble functioning, mental health and addiction services is here to listen. Translation services available.
Legal Assistance in Oregon				Free legal help for low-income Oregonians.

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.