






ADVOCACY & SUPPORT RESOURCES FOR MALE SURVIVORS OF SEXUAL OR DOMESTIC VIOLENCE




At least 1 in 6 men will experience sexual assault or abuse in their lifetime.




From RAINN: Sexual assault can happen to anyone, no matter your age, sexual orientation, or gender identity. Men and boys who have been sexually assaulted or abused may have many of the same feelings and reactions as other survivors of sexual assault, but they may also face some additional challenges because of social attitudes and stereotypes about men and masculinity.

[Click here](#) for more about how sexual violence uniquely impacts male survivors.

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
RAINN – Info for male survivors	800.656.HOPE (4673) 24/7	online.rainn.org for online messaging 24/7	Click here for live chat 24/7	Offers confidential support, resources to assist with your next steps toward healing and recovery, and referrals for long term support in your area.
1 in 6 – National Helpline for Men			Click here for chat 24/7	Weekly online (free, confidential) support groups also available Mondays 4-5:30pm PST Wednesdays 5-6:30pm PST
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.

<p>ORGANIZATION</p> <p>(CLICK LINK FOR WEBSITE)</p>	 PHONE	 TEXT	 CHAT	<p>NOTES/INFO</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>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><i>Teen2Teen</i> 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>Advocates are trained to provide sexual assault advocacy including 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>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>
<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>Multnomah County Mental Health Crisis Line</p>	<p>503.988.4888 or</p> <p>800.716.9769</p> <p>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 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](#)