

Resources for People who Have Experienced Sexual Trauma

This is a resource list for people who have experienced sexual trauma including sexual abuse, sexual assault, and rape. View this resource list online: www.namimass.org/sexualtrauma.

Updated December 2024

Need additional resources related to sexual trauma? Reach out to our Compass Helpline at NAMI Massachusetts! The Compass Helpline is available Monday through Friday, 10 am to 6 pm. Call us at 617-704-6264, email us at compass@namimass.org, or schedule a call with us. Learn more about the Compass Helpline at NAMI Massachusetts: www.namimass.org/compass.



Immediate Support

Resources for immediate support.

Rape Crisis Centers

<https://www.mass.gov/info-details/rape-crisis-centers>

Rape Crisis Centers offer free, confidential support for people who have experienced sexual assault or rape. Llámmanos 24-hour statewide Spanish Language Helpline: 1-800-223-5001

National Sexual Assault Hotline

<https://hotline.rainn.org/online>

1-800-656-4673.

Get information, resources, and support from a trained support specialist, by phone or chat.

Safe HelpRoom

<https://www.safehelpline.org/>

Safe HelpRoom allows sexual assault survivors in the military to connect with and support one another in a moderated and secure online group chat environment.

Peer-Led Groups

Find support within these spaces for people who have experienced sexual trauma.

Sexual Trauma Peer Support Group

<https://wildfloweralliance.org/holyoke/>

Many of us have experienced some form of sexual trauma in our lifetimes. This group is an intentional space for us to come together and talk about our experiences without judgment, to share our trials and our victories, and to dream into the future. Hosted by the Wildflower Alliance on the second and fourth Thursdays in Holyoke.

Healing Through Creative Arts Workshop

<https://www.cambridgewomenscenter.org/monthly-calendar>

Sponsored by Survivor Theatre Project for survivors of sexual violence and held in cooperation with the Cambridge Women's Center.

Hope Recovery Support Groups

<https://www.hope4-recovery.org/support-program/>

Hope Recovery is a Christian-based organization that is dedicated to providing support to survivors of trauma. We offer support services as you seek support on your journey of recovery from the abuse or sexual trauma you experienced.

Saprea Support Groups for Adult Survivors of Child Sexual Abuse

<https://supportgroups.saprea.org/>

Support groups are led by survivors for survivors. Our support group offers a safe and supportive space for adult survivors of child sexual abuse. Join our in-person or online groups to connect with others who have faced similar challenges.

Survivors of Incest Anonymous Support Groups

<https://siawso.shop/meetings/>

Survivors of Incest Anonymous is a 12-step, self-help recovery program modeled after AA. Our mission is to empower survivors of childhood sexual abuse and to help them thrive.

Survivor Support and Skill Building Groups

<https://www.sass-lane.org/support-groups/>

Sponsored by SASS, these support groups offer a space for survivors of sexual violence to find community and collective healing.

Online Communities

These online communities are a good source for asynchronous support for people who have experienced sexual trauma.

Adult Survivors of Childhood Sexual Abuse

<https://www.reddit.com/r/adultsurvivors/>

A peer support subreddit for adults who experienced sexual abuse as children. A place to share our stories, experiences, solutions and support with other survivors who are closer to our own age.

r/Rape

<https://www.reddit.com/r/rape/>

A resource for survivors and their loved ones. All survivors/victims of sexual violence, their families, and friends are welcome here.

Support for Survivors of Sexual Assault

<https://www.reddit.com/r/sexualassault/>

A support subreddit for survivors of all forms of sexual assault.

The Safe Place

<https://disboard.org/server/618867870029447219>

A closed Discord community for survivors of sexual assault and rape of any kind. Here you can chat with others that are familiar with what you're going through and it will be a place where you can relax and just be.

Books & Zines

Books:

Dear Sister: Letters from Survivors of Sexual Violence

<https://www.akpress.org/dear-sister.html>

Dear Sister shares the lessons, memories, and vision of over fifty artists, activists, mothers, writers, and students who share their stories of survival or what it means to be an advocate and ally to survivors. Written in an epistolary format, this multi-generational, multi-ethnic collection of letters and essays is a moving journey into the hearts and minds of the survivors of rape, incest, and other forms of sexual violence, written directly to and for other survivors.

Healing the Trauma of Abuse: A Women's Workbook

<https://www.wellnessrecoveryactionplan.com/product/healing-the-trauma-of-abuse-a-womens-workbook/>

A process that women can use to relieve the effects of trauma in their lives. It rebuilds self-esteem and gives back the personal power, trust, and sense of connection that are taken away by traumatic experiences.

Written on the Body: Letters from Trans and Non-Binary Survivors of Sexual Assault and Domestic Violence

<https://microcosmpublishing.com/catalog/books/9622>

The letters in Written on the Body were penned by transgender and non-binary individuals who've faced sexual assault and domestic violence. Folded into each page are statements of reclamation and a welcome space to start conversation. These letters share hope with those who can't find it in their homes or from their bodies.

Zines:

Ascend: a zine for teen survivors of sexual assault and their friends

https://www.ccasa.org/wp-content/uploads/2019/07/4649_CCASA-TSH-FINALJuly162019-WEB.pdf

The purpose of this zine is to support young people who are survivors of sexual assault, as they search for resources, understanding, and a path toward healing. You are not alone.

I believe you – a colorful zine about supporting survivors, by a survivor

<https://www.etsy.com/listing/1024269481/i-believe-you-a-colorful-zine-about>

A zine about how to support the survivors in your life. This zine will provide you with a starting point for learning the skills and resources you need to feel confident in your ability to be there for others.

Resources for Men

Check out these resources especially for men who have experienced sexual trauma.

MaleSurvivor

<https://malesurvivor.org>

MaleSurvivor is an organization committed to preventing, healing, and eliminating all forms of sexual victimization of boys and men through support, treatment, research, education, advocacy, and activism.

Men Get Raped Too

<https://www.reddit.com/r/MenGetRapedToo/>

A subreddit that provides support for male survivors of sexual violence. This is a subreddit for men and boys who have experienced sexual violence of any kind and for their family or friends who may be in need of advice or guidance. We aim to provide support to male victims of rape or sexual assault, as well as to their families and friends.

MenHealing

<https://menhealing.org/>

MenHealing is dedicated to providing healing resources for male-identified individuals age 18 and older who have experienced sexual trauma during childhood or as adults.

1 in 6

<https://1in6.org/>

The mission of 1in6 is to help men who have had unwanted or abusive sexual experiences live healthier, happier lives by providing information and support resources on the web and in the community.

Resources for Secondary Survivors

Check out these resources especially for families and friends of people who have experienced sexual trauma.

Hope Recovery Support Groups

<https://www.hope4-recovery.org/supportive-friends-family/>

Hope Recovery is a Christian-based organization that is dedicated to providing support to survivors of trauma. We offer support services as you seek support on your journey of recovery from the abuse or sexual trauma you experienced.

Support Groups for Parents of Sexual Abuse Survivors

<https://taalk.org/get-help/peer-to-peer-child-sexual-abuse-support-groups>

TAALK offers a weekly phone-based support group for parents whose children have been abused. You are not alone and will benefit from talking with other parents who truly understand.

Survivor Support and Skill Building Groups

<https://www.sass-lane.org/support-groups/>

Sponsored by SASS, these support groups offer a space for survivors of sexual violence to find community and collective healing.

Secondary Survivors

https://www.reddit.com/r/secondary_survivors/

For the spouses, significant others, or family/friends of victims of rape and sexual abuse.

Other Resources

Check out these additional resources.

Taking Back Ourselves

<https://takingbackourselves.org/>

Taking Back Ourselves is dedicated to recovery for women survivors of sexual abuse and assault.

National Sexual Violence Resource Center

<https://www.nsvrc.org/about/national-sexual-violence-resource-center>

The National Sexual Violence Resource Center provides providing information and tools to prevent and respond to sexual violence.

Jane Doe Inc

<https://www.janedoe.org/>

Jane Doe Inc works to amplify the voices of all who are impacted by sexual and domestic violence and to undo the social injustices that perpetuate an abuse of power.