Resources to Support Survivors of Sexual Violence

Recommended Books

- **For Adult Survivors**
  - *Know My Name*, by Chanel Miller
  - *The Courage to Heal*, by Ellen Bass and Laura Davis
  - *Life, Reinvented: A Guide to Healing from Sexual Trauma for Survivors and Loved Ones*, by Erin Carpenter, LCSW
  - *Trauma and Recovery: The Aftermath of Violence—From Domestic Abuse to Political Terror*, by Judith L. Herman, M.D.
  - *Truth and Repair: How Trauma Survivors Envision Justice*, by Judith L. Herman, M.D.
- **For LGBTQ+ Survivors**
  - *Queering Sexual Violence: Radical Voices from Within the Anti-Violence Movement*, edited by Jennifer Patterson
  - *The Queer Mental Health Workbook: A Creative Self-Help Guide Using CBT, CFT and DBT*, by Dr. Brendan J. Dunlop
  - *Written on the Body: Letters from Trans and Non-Binary Survivors of Sexual Assault and Domestic Violence*, edited by Lexie Bean
- **For Male Survivors**
  - *Beyond Betrayal: Taking Charge of Your Life After Boyhood Sexual Abuse,* by Richard B. Gartner
  - *Abused Boys: The Neglected Victims of Sexual Abuse*, by Mic Hunter
  - *Joining Forces: Empowering Male Survivors to Thrive*, by Howard Fradkin, PhD

- **For College Students**
  - *We Believe You: Survivors of Campus Sexual Assault Speak Out*, by Annie E. Clark
  - *Sexual Citizens: A Landmark Study of Sex, Power, and Assault on Campus*, by Jennifer S. Hirsch and Shamus Khan
- **For Secondary Survivors**
  - *Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others*, by Laura van Dernoot Lipsky
  - *Allies in Healing: When the Person You Love Was Sexually Abused as a Child*, by Laura Davis

Recommended Websites

- **For Adult Survivors**
  - **Rape, Abuse, and Incest National Network (RAINN)**
    - Resource for finding local Children's Advocacy Centers and crime victim assistance advocacy (includes Sexual Assault Centers)
    - URL: https://rainn.org/
  - **Georgia Network to End Sexual Assault**
    - Resource for finding local CACs and SACs by county
    - Also provides information for local SANE centers if there is one located in that county
    - URL: http://www.gnesa.org/
  - **Georgia Vine**
    - Resource provides updated information for criminal case information (custody status and protective orders)
    - Provides a search for services and service providers based on needs and location
    - Contains website links and phone numbers for the National Center for Victims of Crime, National Domestic Violence Hotline, and the 988 Suicide & Crisis Hotline
    - URL: https://vinelink.vineapps.com/state/GA/ENGLISH

- **Marsy's Law**
  - Provides links, information, and resources for victims of crime
  - https://ga.marsyslaw.us/
- **National Sexual Violence Resource Center**
  - Resources for survivors, friends/family, advocates, educators, media/press for sexual violence
  - Discusses sexual assault education and prevention
  - URL: https://www.nsvrc.org

- **For Male Survivors**
  - **1 in 6**
    - Provides stories from male survivors of sexual violence to share their experiences
    - Opportunities for survivors to join weekly online, counselor-facilitated text-based support groups
    - Resources for common questions, healing mechanisms, and literature for survivor support
    - URL: https://1in6.org/
  - **Male Survivor**
    - Links to various resources for survivors, such as accessing counseling, support groups, survivor testimonies, and education
    - Access to a support group forum and text chat available 24/7 to initiate the healing process and engage with other survivors
    - URL: https://malesurvivor.org/
  - **Men Healing**
    - Provides several support groups for male, trans, and masculine identifying survivors on their healing journeys
    - Ongoing video series about the healing journeys of survivors to inspire others

        - Updates resources for community engagement opportunities, personal testimonies, and literature for male survivor healing and fellowship
        - URL: https://www.menhealing.org/

- **For LGBTQ+ Survivors**
    - **FORGE**
        - Ongoing webinars for diverse topics about survivor experiences, healing mechanisms, and education
        - Access to research and news article publications about sexual violence in the LGBTQ+ community
        - URL: https://forge-forward.org/resources/sexual-violence/

- **For College Students**
    - **Callisto**
        - A platform where campus survivors can document their assault with timestamps, location, perpetrator, etc. without formally reporting the perpetrator
        - Opportunities to safely connect survivors of serial offenders
        - Provides resources to survivors to process trauma and make informed decisions on their experience
        - https://www.projectcallisto.org/
    - **It's On Us**
        - A platform for college students and alumni to take part in a movement against campus sexual violence
        - Students and alumni can sign up as a member to the movement and receive tools, upcoming opportunities/events, and training to promote sexual assault prevention on campuses
        - URL: https://itsonus.org

We're here to help support you or a loved one. Call our 24/7 Hotline with any questions: **1-877-363-1912.**

The Cottage is committed to supporting all survivors of sexual violence by providing free and confidential services, and ensuring the ability of adult survivors to make informed decisions.