



# RESOURCE LIST

LAST UPDATED 07.31.2023

The following is a list of organizations that provide information, support, and reporting resources for those with personal experiences related to assault, harassment, and other abuses of power. Sacred Spaces seeks to help any individual make the best decision for themselves, regardless of whether they choose to report.

If an individual chooses to report internally to Sacred Spaces, reports may be made in person, over the phone or via video call, through email, or by completing a reporting form. The reporting form can be found [here](#) and may be completed electronically or printed. Anonymous reports are accepted. [Click here](#) to read the policy on Reporting.

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# WORKPLACE DISCRIMINATION & HARASSMENT

## Project WHEN

Project WHEN offers actionable resources focused on preventing and combating harassment in the workplace.

## Ta'amod

Ta'amod strives to transform Jewish life by equipping institutions and individuals with the resources they need to build healthy, safe, and equitable workplaces and communal spaces. Their Resource Bank provides information concerning discrimination, reporting outlets, professionals and consultants, and other resources for addressing abuses of power.

## U.S. Equal Employment Opportunity Commission

The EEOC is responsible for enforcing federal laws that make it illegal to discriminate against a job applicant or employee because of the person's race, color, religion, sex (including pregnancy, transgender status, and sexual orientation), national origin, age (40 or older), disability, or genetic information. Most employers with at least 15 employees are covered by EEOC laws (20 employees in age discrimination cases). Most labor unions and employment agencies are also covered. The laws apply to all types of work situations, including hiring, firing, promotions, harassment, training, wages, and benefits.

## Workplaces Respond to Domestic & Sexual Violence: A National Resource Center

Workplaces Respond to Domestic & Sexual Violence: A National Resource Center offers training, tools, and resources to survivors, employers, co-workers and advocates for responding to sexual violence and harassment.

# CRISIS AND SUICIDE

## 988 Suicide & Crisis Lifeline

988 Suicide & Crisis Lifeline (formerly known as the National Suicide Prevention Lifeline) offers 24/7 call, text and chat access to trained crisis counselors who can help people experiencing suicidal, substance use, and/or mental health crisis, or any other kind of emotional distress. Call 988.

## Crisis Text Line

Crisis Text Line offers a free 24/7 text line for people in crisis. Text START to 741-741.

## **SAMHSA National Helpline**

[SAMHSA National Helpline](#) offers confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders. Call 1-800-662-HELP (4357).

## **Veteran/Military Crisis Line**

[Veteran/Military Crisis Line](#) offers 24-hour free support for active U.S. service members, veterans & family members who are in distress, suicidal, or in crisis. Call 988, press 1.

# **ABUSE AND INTIMATE PARTNER VIOLENCE**

## **Directory of U.S. Jewish Domestic Violence Programs**

[Directory of U.S. Jewish Domestic Violence Programs](#) offers this list of programs available in 16 states plus Washington DC that offer services to support Jewish survivors and families impacted by domestic violence.

## **National Human Trafficking Resource Center Hotline**

[National Human Trafficking Resource Center Hotline](#) offers 24/7 call, text and chat access to help support victims of human trafficking.

## **National Deaf Hotline**

[National Deaf Hotline](#) offers 24/7 call, text and chat on crisis intervention, education, information, and referrals for the deaf community. ASL calls available at 1-206-812-1001.

## **National Domestic Violence Hotline**

[National Domestic Violence Hotline](#) offers 24/7 call, text and chat support for anyone experiencing domestic violence, seeking resources or information, or questioning unhealthy aspects of their relationship. Call 1-800-799-7233.

## **The Organization for the Resolution of Agunot Resource Line**

[The Organization for the Resolution of Agunot Resource Line](#) offers support, guidance, and resources to anyone going through the Jewish divorce process and Get-refusal.

## **Rape, Abuse, and Incest National Network (RAINN) - National Sexual Assault Hotline**

[Rape, Abuse, and Incest National Network \(RAINN\) – National Sexual Assault Hotline](#) connects you with a trained staff member from a sexual assault service provider in your area that offers access to a range of free services. Call 1-800-656-HOPE (4673).

## **Shalom Task Force**

[Shalom Task Force](#) offers a confidential domestic abuse hotline where advocates speak Hebrew, Yiddish, English, and Spanish. Call 1-888-883-2323.

## PEER-SUPPORT

### Kiva Centers

Kiva Centers offers daily online peer support groups on a variety of topics.

### Peer Support Space

Peer Support Space offers virtual peer support groups twice a day Monday through Saturday.

### Projects LETS

Project LETS offers support by text for urgent issues that involve involuntary hospitalization.

### Wildflower Alliance

Wildflower Alliance offers a peer support line and online support groups focused on suicide prevention.

### The ZA'AKAH Shabbos & Yom Tov Peer Support Hotline

The ZA'AKAH Shabbos & Yom Tov Peer Support Hotline offers a peer support line staffed at all hours of Shabbos and Yom Tov regardless of their denomination, sex, gender, or orientation.

## ELDER-CENTERED

### Eldercare Locator

Eldercare Locator is a public service of the U.S. Administration on Aging connecting you to services for older adults and their families. Call 1-800-677-1116.

### Institute on Aging's Friendship Line

Institute on Aging's Friendship Line offers a 24/7 crisis hotline for people aged 60 years and older and adults living with disabilities. Call 1-888-670-1360.

### National Elder Fraud Hotline

National Elder Fraud Hotline is a free resource created by the U.S. Department of Justice, Office for Victims of Crime for people to report fraud against anyone age 60 or older. Call 1-833-372-8311.

## YOUTH-CENTERED

### Childhelp National Child Abuse Hotline

Childhelp National Child Abuse Hotline offers crisis intervention, information, and referrals to thousands of emergency, social service, and support resources. Call or Text 1-800-422-4453.

### HereNow

HereNow (a project of The Jewish Board) is a teen-led community for teens to connect with other teens to learn about mental health and wellness, share their experiences and stories, and access resources about mental health.

### love is respect

love is respect offers a hotline and resources to disrupt and prevent unhealthy relationships and intimate partner violence with young people. Call 1-866-331-9474 or text LOVEIS to 22522.

### National Runaway Safeline

National Runaway Safeline offers support for runaway, homeless and at-risk youth safe and off the streets. Call 1-800-RUNAWAY or text 66008.

### State Child Abuse and Neglect Reporting

State Child Abuse and Neglect Reporting offers a list of state toll-free numbers and websites for specific agencies designated to receive and investigate reports of suspected child abuse and neglect.

## BLACK, INDIGENOUS AND PEOPLE OF COLOR (BIPOC)-CENTERED

### Blackline

Blackline offers immediate crisis counseling to those who call upset, need to talk with someone immediately, in distress geared toward the Black, Black LGBTQ+, brown, Native, and Muslim communities.

### StrongHearts Native Helpline

StrongHearts Native Helpline offers an anonymous hotline service for Native Americans experiencing domestic violence and dating violence.

### Nacional de Prevención del Suicidio

Nacional de Prevención del Suicidio ofrece 24/7, servicios gratuitos en español, y no es necesario hablar inglés si usted necesita ayuda.

# LESBIAN, GAY, BISEXUAL, TRANSGENDER, QUEER, INTERSEX, TWO-SPIRIT (LGBTQIA2S+)-CENTERED

## Trans Lifeline

Trans Lifeline offers a hotline for trans and questioning individuals of all ages.

## The Trevor Project

The Trevor Project offers a 24-hour phone hotline, as well as limited-hour webchat and text options, for lesbian, gay, bisexual, transgender, and questioning youth anywhere in the US who are in distress or at risk of suicide.

## Jewish Queer Youth Crisis Line

Jewish Queer Youth Crisis Line provides crisis and support resources for Jewish LGBTQ teens, with a special focus on Orthodox, Chasidic, and Sephardic communities.

# SEXUAL AND REPRODUCTIVE HEALTH

## Sexual Health Counseling and Referral Hotline

Sexual Health Counseling and Referral Hotline offers support for obtaining birth control, emergency contraception, pregnancy options, sexually transmitted Infections including HIV/AIDS, and other aspects of reproductive health. Call 1-800-230-PLAN (7526).

## The M+A Hotline

The M+A Hotline offers expert advice on self-managing your miscarriage or abortion via call or text. Call 1-833-246-2632.

## If/When/How

If/When/How (also known as the Repro Legal Helpline) provides legal information and support to people navigating complex laws in order to self-determine their reproductive lives. Call 1-844-868-2812.