### Reporting Resources

**Emergency**
- Police, fire, ambulance: 9-1-1
  - Available 24 hours

**Reporting Crimes to Police**
- Find a police station near you: policelocator.com

**Filing a Unveristy Report**
- Office of Institutional Equity
  - (517) 353-3922
  - Olds Hall Rm 4
  - oie.msu.edu

### National Confidential Helplines

- RAINN-Rape, Abuse & Incest National Network
  - 1 (800) 656-HOPE
  - rainn.org

- National Domestic Violence Hotline
  - 1(800) 799-7233
  - thehotline.org

- Communities United Against Violence
  - LGBTQ anti-violence organization and helpline
  - (415) 333-4357
  - cuav.org

- The NYC Gay & Lesbian Anti-Violence Project
  - Bilingual support for LGBTQ and HIV-affected communities
  - (212) 714-1141
  - avp.org

- The Network/La Red
  - Bilingual support for LGBTQ, SM/Kink and Polyamorous communities
  - (617) 742-4911
  - tnir.org

- Survivor Project
  - Supporting intersex and transgender survivors
  - (503) 288-3191
  - survivorproject.org

### National Advocacy Resources

- National Center for Victims of Crime
  - victims欅ofcrime.org

- National Survivor Services and Advocacy Agencies
  - List of national services and resources for survivors of sexual assault and domestic violence.
  - notalone.us/resources

- National Online Resource Center on Violence Against Women
  - vawnet.org

- National Organization for Victim Assistance
  - trynova.org

- National Sexual Violence Resource Center
  - (717) 909-0710
  - nsvrc.org

### Health Resources

**Emergency**
- Police, fire, ambulance: 9-1-1
  - Available 24 hours

**US Hospital Finder**
- ushospitalfinder.com

**Psychology Today: Find a Therapist**
- therapists.psychologytoday.com

### Tips for Finding Resources Near You

- **Am I doing this right?**
  - There is no correct way to seek resources. It’s okay to get the help you need in the way, and at the pace that feels best.

- **Is this resource for me?**
  - If you’re not sure a resource is exactly what you need, feel free to give them a call anyway. Resource professionals are usually happy to refer you to the best place for you to get help.

- **Is it confidential?**
  - Some resources like the police and Michigan State University’s office for Institutional Equity initiate reporting processes. It is always okay to ask if a resource is confidential before disclosing your story.