



You are not alone

Resources for survivors





“You matter and you are entitled to support, advice, camaraderie, and love. You are entitled to talk about what happened or to change the subject if you want. You are entitled to all of your complicated feelings. There's help if you need it and an army of warriors ready to stand by your side. You matter and you don't have to fight this battle alone. You are nobody's victim.”

– Carrie Goldberg

Carrie's Essentials

These resources may provide additional support for you. They include recommendations for advice, support, and a network of people who can help if you are in crisis



- If you are in a crisis right now, call the National Suicide Prevention Lifeline at **1-800-273-8255** for free and confidential support 24/7.
- If you fear for your safety: call 911.

For more info directly from us:

- [Subscribe to our mailing list](#)
- Check out the [free resources](#) on our website cagoldberglaw.com
- Read our [blog](#)
- Connect with us on [Facebook](#), [Instagram](#), [Twitter](#), and [LinkedIn](#) @cagoldberglaw
- Follow us on TikTok @nobodysvictim for some lighthearted, informative content about our practice areas
- Go to Nobody's-Victim.com

Emotional and mental health support in New York City.

Francesca Rossi, a former client of ours and now a therapist. She is an expert at dealing with digital abuse. Visit her website www.thrivingthrough.com/about

[Zencare](#) offers a list of affordable therapy services in New York City

[The New School, NYC](#) offers low-cost (\$20-50) 20-week therapy programs with a PhD student supervised by licensed psychologists

**Some numbers to call
for confidential
telephone counseling in
moments of crisis:**

National Suicide Prevention Lifeline (800) 273-8255

National Suicide Prevention Lifeline, Spanish (888)
628-9454

National Suicide Prevention Lifeline, Options for Deaf and
Hard of Hearing (800) 799-4889

Crisis Text Line Text HELLO to 741741

National Domestic Violence Hotline (800) 799-7233

Veterans Crisis Line (800) 273-8255

National Grad Student crisis Hotline (877) 472-3457

National Sexual Assault Hotline (800) 656-4673

CDC National HIV & AIDS Hotline (800) 342-2437

Alcoholics Anonymous (202) 966-9155

Narcotics Anonymous (800) 543-4670

You may find some of the resources triggering. We want you to feel supported and informed by these resources, so please move through them at your own pace and take care!

Podcasts!

Read

Listen

Follow

Call Your Girlfriend: two long besties Aminatou and Ann discussing pop culture and politics

The Sex Ed: conversations around sexual wellness, relationships
Bossy, Brilliant & Badass: episode: “how to protect yourself and your business from digital predators”

The Homecoming Podcast with Dr. Thema: a Licensed psychologist, ordained minister uses artistic expression, spirituality, psychology, and culture to facilitate your journey of healing

TRAUMA QUEEN: hosted by Jimanekia Eborn, Sexual Assault & Trauma Expert hosts conversations with survivors therapists, partners, educators, and experts to normalize talking about assault and healing for us all

After: Surviving sexual assault: Catriona Morton talk to fellow survivors of sexual assault and abuse about what happened to them and how they cope now Resources by practice area

Books!

Nobody's Victim by Carrie Goldberg

The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma

The Gift of Fear by Gavin de Becker

The Four Agreements by Don Miguel Ruiz

Why Does He Do That? Inside the Minds of Angry and Controlling Men by Lundy Bancroft

Rage Becomes Her: The Power of Women's Anger by Soraya Chemaly

Boundaries: Where You End and I Begin: How to Recognize and Set Healthy Boundaries by Anne Katherine

Peace from Broken Pieces: How to Get Through That You're Going Through by Iyanala Vanzant

Attached: The New Science of Adult Attachment and How It Can Help You Find- and Keep- Love by Amir Levine, Rachel Heller

Codependent No More: How to Stop Controlling Others and Start Caring for Yourself by Melody Beatie

Instagrams to follow!

@pokingholes_cptsdwarrior - One person sharing their PTSD recovery journey

@nomoreorg - A diverse, global community to help end domestic violence, sexual assault and abuse

@therapyforblackgirls - Mental health Resources

@nalgona positivitypride - Xicana-Indigenous Body Positive and Eating Disorder Awareness Organization

@dr.nataliejones - Therapist help women overcome abusive relationships with narcissists

@decolonizingtherapy - Psychologist Ancestral Trauma Worker, Community Organizer

@letsgetconsensual - Advocates working to make consent common sense

@nedratawwab - Nedra is a licensed therapist and relationship expert

@therelationshiprecovery- Group Relationship Trauma Coaching

@sadgirlsclubs - Creating community in mental health for GenZ and Millenials

Twitter Folks

@NYSCASA New York organization working to end sexual violence

@ChaynHQ Feminist tech project helping survivors of abuse get information & support. Open-source and volunteer-run.

@SexAbuseJustice Seeking justice for victims and survivors of childhood sexual abuse in New York under the Child Victims Act

@cameronglover Certified sex educator and director

@womenofsextch (another good follow)

Facebook groups to join

Badass Army: www.facebook.com/thebadassarmy

Women Intimate Partner Abuse Survivors' Support

Group:

www.facebook.com/groups/376264299375030/



Resources by practice area.

1. Sexual Assault
2. Child Abuse
3. NCP
4. Stalking and Harassment
5. Domestic/Intimate Partner Abuse
6. Sextortion and Blackmail

Sexual Assault. (New York)

You can call the **New York State Hotline for Sexual Assault and Domestic Violence** at **1-800-942-6909** for 24/7 information and confidential counseling

New York State Coalition Against Sexual Assault: NYSCASA is a coalition of community-based rape crisis programs throughout New York state. NYSCASA can connect you with local support services.

NYC Alliance Against Sexual Assault: The New York City Alliance Against Sexual Assault works to prevent sexual violence and reduce the harm it causes through education, advocacy, and research. You can use this website to access emergency care and survivor resources. The Alliance also offers advocacy, referrals, and confidential counseling through its helpline at **212-514-SAFE (7233)**

If you need **HIV/STD testing** as a result of sexual assault, contact the NYC Hotline at **212-427-5120** or **311**

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Sexual Assault. (National)

You can contact [RAINN](https://rainn.org), the Rape, Abuse, & Incest National Network, at rainn.org or by phone on **1-800-656-4673** to get connected with sexual trauma and legal support services in your area

If you are a **man** who has been sexually assaulted, you are not alone. You can find more information at 1in6.org

For more information and resources related to **campus sexual assault**, go to changingourcampus.org

Child abuse.

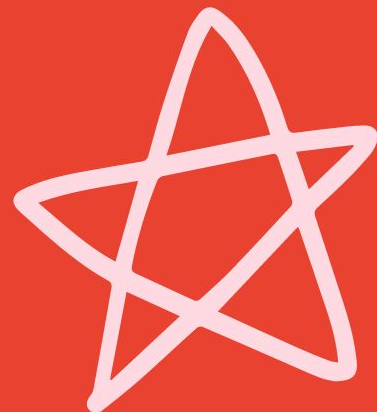
Safe Horizon, NY: provides support to victims of child abuse, domestic violence, stalking, sexual assault, and more. They run a 24/7 helpline at **1-800-HOPE (4673)**

Sanctuary for Families, NY: provides comprehensive services, education, and outreach for victims of domestic violence and other gender-based violence.

Learn about the Child Victims Act in New York and how victims of child abuse can get justice, go to childvictimsactny.org

National Child Traumatic Stress Network: www.nctsn.org

Center for Child Trauma Assessment Services & Interventions:
www.cctasi.northwestern.edu



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Non-consensual pornography.

Use our free resource on [How to Report Revenge Porn](#)

Use our detailed [incident tracking chart](#)

Cyber Civil Rights Initiative: A non-profit with lots of helpful links and resources [cybercivilrights.org](#)

[The BADASS Army](#) is a non-profit organization that provides support to victims of revenge porn and works to eradicate the practice through education, advocacy, and legislation

[Without My Consent](#) provides several resources for victims of nonconsensual pornography. Their [50 State Project](#) includes an overview of the relevant criminal and civil remedies in every state



Stalking and Harassment

[The Stalking Prevention, Awareness, and Resource Center](#): a national resource center for victims of stalking, where you can access information about safety planning and risk assessment

Use a detailed [incident tracking chart](#) to keep tabs on what, when, and where. This can be used as evidence later on, and make internet takedown/removal work more efficient.

Read our [5 steps for stalking victims](#)

Use [this resource](#) to opt-out of having your personal information online
For help securing your online life, read through the [Netizens Online Security Guide](#)



U AREN'T CRAZY, THE SITUATION IS



Domestic Violence (New York)

Call the New York State Domestic Violence 24 hour Hotline at **1-800-942-6906** or **711** for Deaf or Hard of Hearing


New York State Coalition Against Domestic Violence: provides information about domestic violence service programs across the state, safety planning, and digital safety

Safe horizon: provides support to victims of child abuse, domestic violence, stalking, sexual assault, and more. Safe Horizon also runs a 24/7 helpline at **1-800-621-HOPE (4673)**

New York City Anti-Violence Project: provides service to gay, lesbian, bisexual, and transgender victims, including counseling and community education. The Anti-Violence Project also offers a 24-hour hotline at **1-800-799-7233**

Violence Intervention Program: The Violence Intervention Program provides domestic violence victims with crisis counseling, advocacy, support groups, community education, referrals, and shelter. Services are available in English and Spanish

Her Justice: Her Justice helps women in poverty living in New York City by providing free legal services in family, divorce, and immigration law. Visit the Manhattan District Attorney's site on Domestic Violence resources





Domestic Violence (National)

If your current or former partner is a psycho, stalker, or abusive POS, you can contact the [National Domestic Violence Hotline](https://www.thehotline.org) at 1-800-799-7233 or online at thehotline.org for information, support, and resources to keep you safe

The [Office on Women's Health](https://www.oas.samhsa.gov/2k2/women/women.shtml) provides a list of resources for survivors in each state
Domestic Violence can involve financial abuse.


The [National Latin@ Network](https://www.nationallatina.org/) also focuses substantially on domestic violence.
Perpetrators of domestic violence may also stalk their victims on or offline

Use [this resource](#) to opt-out of having your personal information online

The [Trevor Project](https://www.thetrevorproject.org/) for LGBTQ youth at 1 (866) 488-7386

[Department of Justice Domestic violence page](#)
Teen Dating Abuse Helpline 1-866-331-9474

Casa de Esperanza is a leader in the domestic violence movement and a national resource center for organizations working with Latin@s in the United States
[casadeesperanza.org](https://www.casadeesperanza.org)





Blackmail and Sextortion

Use [this resource](#) to opt-out of having your personal information online

Read our [5 steps to take if you're being blackmailed online](#) and our [5 steps to take if you're being sextorted](#) resources

Use a detailed [incident tracking chart](#) to keep tabs on what, when, and where content is appearing. This can be used as evidence later on, and make takedown/removal work more efficient

For help securing your online life, read through the [Netizens Online Security Guide](#)



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