

**RESOURCE
PAGES
FOR EACH
AUDIENCE**

FAMILY AND FRIENDS

This is a resource page for family and friends of survivors seeking guidance on how to offer support. It's a great step that you're reaching out to learn how to best bring comfort to someone you love who's experienced assault. Since it takes bravery and trust for a survivor to share their story, your response and continued support goes a long way in their healing journey.

For supporting a survivor immediately following a traumatic event, please look to [this resource from "Know Your IX"](#)!

1. Be an active listener and believe them
 - First and foremost, it's really important that you listen to them and believe what they tell you. There are an incredibly wide range of responses people can have post assault (stress, sadness, shock, anger, minimal emotion, etc.) Validate whatever they are expressing to you and make sure to not judge their experiences. They are processing a lot of information and your belief in them goes a long way.
2. Be open and support them - and respond to what they need!
 - After showing validation for what they're feeling, express support and ask what they may want or need from you. Follow their lead and respond to what they're looking for. That could be helping them with logistical next steps, providing emotional support, or giving them space to talk. Everyone responds differently, so embrace how they are responding and react accordingly
 - It's also important to copy the language they're using! As the resource "Speak About It" points out, "Avoid using terms like "assault," "rape," "abuse," "victim," or "survivor," unless the individual you're

supporting uses these words first.

3. Express admiration for their courage
 - It's also important to copy the language they're using! As the resource "Speak About It" points out, "Avoid using terms like "assault," "rape," "abuse," "victim," or "survivor," unless the individual you're supporting uses these words first."
4. Ask what you can do to help
 - Follow their lead! It could be helpful for you to have/find potential resources for them, if that seems appropriate. Give them space to make the choices that best suit them.
5. Take care of yourself and practice self care
 - What you're feeling matters too! There can be secondary trauma from supporting someone who experienced assault first hand. Learning that someone else's experience of assault can be overwhelming and emotionally draining. Make time to process and lean on your support systems to make sure you're taking care of yourself.

Our survey results show that overall survivors have low access to resources. White students also reported accessing off-campus friends for support at a much higher rate than BIPOC students. International students had overall lower awareness of essential campus resources. When reflecting on how to support a survivor, keep in mind the context of their situation and what other support options they have at their disposal.

BELOW ARE RESOURCES ON PROVIDING SUPPORT TO SURVIVORS:

[Know Your IX](#)

These articles explain in-depth the do's and don'ts for supporting survivors from different relationships (i.e., as a friend, as family, as a parent, etc.)

Speak About It

This offers an overview of how to approach comforting someone who has just experienced assault.

RAINN

This highlights more tips on how to talk to survivors and what language to use

SURVIVOR ADVOCACY GROUPS

This is a resource page for Survivor Advocacy Groups to utilize to further their advocacy efforts. As an organization, we have been advocating for survivors since 2020 and want to share the important findings from our survey and resources for organizations like ours.

49.2% of Survivors utilized Activism/Organizing

65.31% of Survivors utilized healing/community spaces

Survivor advocacy organizations act as an intersection of healing and activism for sexual violence.

Healing  Activism

While not all survivors turn to activism, many turn to community spaces to heal. Every survivor falls on a spectrum in their healing journey, and for some, that can mean activism, whereas for others that can be just having community and resources provided to them. As a survivor advocacy organization, it is your job to uplift the voices of all survivors at any stage of healing and create a safe space for them.

Healing resources were favored amongst survivors, such as those provided by UCLA's CARE office. They were more likely to reach out to a resource that they could trust and that emphasize trauma-informed language.

[Holistic Healing Services for Survivors](#)

This paper discusses how rape and crisis center as well as organization can begin to use a holistic healing approach to their practices.

[Healing Justice Practice Spaces](#)

This is a how-to guide created by Autumn Brown & Maryse

Mitchell-Brody on how to start a healing justice practice space.

[Mind-Body Approaches for Healing After Sexual Violence](#)

This is a knowledge exchange from the Sexual Violence Research Initiative on various healing practices for survivors.

Activism and advocacy is a big part of helping the survivor community. Many people want to get involved but do not know where to start. That is where you come in! Survivor advocacy organizations can guide survivors towards resources, amplify advocacy efforts, and even provide collective activism.

[Foundations of Advocacy](#)

This is a 16 module training manual from the National Sexual Violence Resource Center that provides all parts of advocating for survivors of sexual violence.

[Role Activism](#)

This is a page from End Rape of Campus that provides areas of activism for different groups adjacent to sexual violence.

[From pain to power: An exploration of activism, the #Metoo movement, and healing from sexual assault trauma.](#)

This research article shows how activism can be used to help survivors find a voice and heal.

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Based on our research, these are the gaps that survivor advocacy organizations can help fill:

1. **Connecting to Mental Health Resources:** 51% of survivors are not currently connected to adequate mental health services or social support for their experiences
2. **Space for Survivors of Color:** 56% of Survivors of Color never accessed any support from off-campus organizations, compared with 47 percent of White survivors

How can we fill these gaps? Start by researching your community needs and creating a list of resources for those who utilize your organization. Once you have done this, then share with those

who are connected to your organization and go out within your community. It is that easy to fill these gaps by sharing that you are there for survivors and you found them resources so they don't have to. The hardest thing for survivors is not knowing where to start when looking for resources, especially survivors from marginalized groups such as BIPOC survivors. If you create accessibility for them to have resources that they can trust, then this will fill in these gaps and lead to more trauma-informed care for survivors.

Lastly, stay on top of activism efforts and needs for the survivors in your community by creating a healing space where they feel they can share openly what they need. Create ways for survivors to share their needs through anonymous messaging, open social media platforms, and by providing an email.

Below are some general resources pages for survivor advocacy organizations.

[Center for Survivor Agency and Justice: Resources](#)

[Resource Sharing Project: For Advocacy Programs](#)

[National Sexual Violence Resource Center: Advocates and Educators](#)

UC ADMINS, FACULTY, AND STAFF

When a survivor first decides to report or share an experience, it is usually because they feel a need to, even though they know reporting or discussing their assault can be re-traumatizing. Those who report their assault put trust in the administrators and staff that they are reporting to. Sometimes it is even a faculty member they will go to first. While training is provided for you as UC admins, faculty, and staff on what to do in these situations, these trainings do not accurately prepare you for how to properly give space for a survivor in this time. Many survivors report being more traumatized after they reported, especially in cases where they started by reporting to Title IX.

SURVIVORS + ALLIES' SYLLABI STATEMENT

The following template was developed in the Summer of 2020 by an alliance of students at several UC campuses (Survivors+Allies) in collaboration with UC staff, faculty, and student victim-survivors who have personal experience with the Title IX process. In recognition of instructors' need for space in their syllabi, we are including a longer and shorter version conveying identical messages.

LONG VERSION

Violence and Discrimination Resources

UCLA prohibits gender discrimination, sexual harassment, domestic and dating violence, sexual assault, and stalking. If you have experienced any of these, there are a variety of campus resources to assist you, including a confidential hotline where you can talk to someone 24/7: (310) 825-0768.

Title IX is a federal civil rights law in the United States of America that was passed as part (Title IX) of the Education Amendments of 1972. Therefore international students have access to the same services at the Title IX office as non-international students.

Please note that faculty and TAs are responsible employees, which means faculty, TAs, and other UC employees are required under the UC Policy on Sexual Violence and Sexual Harassment to inform the Title IX Coordinator—a non-confidential resource —should they become aware that you or any other student has experienced sexual violence or gender discrimination.

Campus-Based Confidential Resources:

- You can make an appointment with a CARE advocate to receive confidential support at the CARE Advocacy Office for Sexual and Gender-Based Violence, 330 De Neve Dr., 205 Covell Commons, CAREadvocate@careprogram.ucla.edu, (310) 206-2465. CARE offers free and confidential services for students, staff and faculty impacted by sexual assault, relationship violence and stalking.
- Counseling and Psychological Services (CAPS) also provides confidential counseling to all students and can be reached 24/7 at (310) 825-0768.
- Confidential legal counseling and assistance is available with Student Legal Services at A239 Murphy Hall and or phone (310)-825-9894.
- The Office of Ombuds Services provides an informal dispute resolution process for students and postdoctoral employees. You can contact them at (310) 825-7627 Monday through Friday, 8am-5pm.

Off-Campus Confidential Resources:

- Rape Treatment Center UCLA Medical Center Santa Monica provides off-campus confidential counseling and guidance 24/7. You can contact them at (424) 259-7208.
- BEAM (Black Emotional and Mental Health) is a collective

of advocates, yoga teachers, artists, therapists, lawyers, religious leaders, teachers, psychologists and activists committed to the emotional/mental health and healing of Black communities. www.beam.community

- Asian Mental Health Collective has a Asian, Pacific Islander, and South Asian American (APISAA) Therapist Directory. This resource can help to facilitate your search for a therapist. www.asianmhc.org/apisaa
- CAT-911 provides alternatives to 911 in sexual violence, domestic violence, mental health crisis, and other crises through transformative justice and conflict resolution. www.cat-911.org
- Sojourn offers support to victims of domestic violence, including shelter, support groups, workshops, hotline calls, children's empowerment programming, legal services and service referrals. 24/7 hotline: (310) 264-6644
- Peace Over Violence provides emotional support, information, compassion, accompaniment, referral and advocacy services. 24/7 hotline: (213) 626-3393
- Los Angeles LGBT Center offers services by LGBT-domestic violence specialists. Fees on a sliding scale. Call (323) 860-5806 from 9am-5pm or a 24/7 hotline at (888) 799-7233

Non-Confidential Reporting Resources:

- You can also report sexual violence or sexual harassment directly to the University's Title IX Office, 2255 Murphy Hall, titleix@conet.ucla.edu, (310) 206-3417. Please note that any appointment you make with a Title IX representative is NOT confidential.
- Reports to law enforcement can be made to UCPD at (310) 825-1491. If you report through Title IX or UCPD, they may be required to pursue an official investigation.

SHORT VERSION

Violence and Discrimination Resources

UCLA prohibits gender discrimination, sexual harassment, domestic and dating violence, sexual assault, and stalking. If you have experienced any of these, there are a variety of campus resources to assist you, including a confidential hotline where you can talk to someone 24/7: (310) 825-0768.

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Please note that faculty and TAs are responsible employees, which means faculty, TAs, and other UC employees are required under the UC Policy on Sexual Violence and Sexual Harassment to inform the Title IX Coordinator—a non-confidential resource—should they become aware that you or any other student has experienced sexual violence or gender discrimination.

Confidential Resources: You can make an appointment with a CARE Advocate (careprogram.ucla.edu) or call their 24/7 hotline: (888) 200-6665. CARE offers free and confidential services for students, staff and faculty impacted by sexual assault, relationship violence and stalking. Counseling and Psychological Services (CAPS) (counseling.ucla.edu) also offers confidential crisis counseling and 24/7 support at (310) 825-0768. You can also receive confidential off-campus emergency medical services, advocacy, and counseling at the Rape Treatment Center UCLA Medical Center Santa Monica. Their 24/7 hotline is (424) 259-7208.

Non-Confidential Reporting: You can report sexual violence or sexual harassment directly to the University's Title IX Office, 2255 Murphy Hall, titleix@conet.ucla.edu, (310) 206-3417. Reports to law enforcement can be made to UCPD at (310) 825-1491. Please note that any appointment you make with a Title IX representative is NOT confidential.

“Title IX Isn’t for You, It’s for the University”: Sexual Violence Survivors’ Experiences of Institutional Betrayal in Title IX Investigations

<https://www.qualitativecriminology.com/pub/jg1gd213/release/3>

Mandatory Reporting Policies Protect Universities Not Survivors

<https://genderpolicyreport.umn.edu/mandatory-reporting-policies-protect-universities-not-survivors/>

“Title IX, CARE [were least helpful] - Title IX traumatized me almost as much as the assault itself. The process was incredibly painful and the individuals I encountered were not kind or supportive. I was not offered any actual help and felt like I had no assistance navigating how to manage working while my abuser was still in the same workplace.” — cis-woman, straight, White, graduate student

Trauma is complex, and the most important way to avoid traumatizing someone confiding in you is to understand trauma itself.

Understanding the Impact of Trauma

<https://www.ncbi.nlm.nih.gov/books/NBK207191/>

As UC responsible employees, it is your job to report an incident if someone shares it with you. Or if you work in an office such as Title IX, CAPS, or CARE, it is your job to intake survivors’ experiences. You never know when a student or fellow staff member may want to report or share an incident with you. You need to be prepared to provide the proper response to survivors that starts with a trauma-informed approach to simply listening to survivors, in therapy or counseling services, and especially in Title IX investigations.

“These resources and programs are essential for healing. Sexual violence is such a complex and nuanced crime, and healing requires support from people who are knowledgeable and specialized in care for sexual assault survivors.” — cis-woman, straight, Asian, graduate student

Conducting Trauma Informed and Legally Compliant Investigations, Hearings, and Appeals

https://www.hselaw.com/files/Conducting_Trauma-Informed_and_Legally-Compliant_Investigations_Hearings_and_Appeals.pdf

Tools for Incorporating Trauma Informed Practices Into Final Title IX Rule Legal Frame Work

<https://victimrights.org/wp-content/uploads/2020/11/Tool-for-Incorporating-Trauma-Informed-Practices-into-Final-Title-IX-Rule-Legal-Framework.pdf>

Title IX and “Trauma-Focused” Investigations: The Good, The Bad, and the Ugly

<https://escholarship.org/content/qt31n1p8sr/qt31n1p8sr.pdf>

Part of working at a university means being an advocate for students. To be an advocate you have to be willing to listen to students’ needs and adapt to them. It all can start with one person. To learn how to be a better advocate you can look at our survivor advocacy organization resources page. However, a big part of the changes that survivors need lie within reporting and resources offered to students. Often the changes need to happen within the Title IX office itself and sometimes are as easy as reorganizing the website. Below are resources for how to change your campus!

NASPA Title IX Resources

<https://naspa.org/project/title-ix-resources>

Center for Changing Campus Culture: Title IX

<https://changingourcampus.org/regulations-and-policy/title-ix/>

OCR Title IX Webinar: Bias, Conflicts of Interest, and Trauma-Informed Practices

<https://www2.ed.gov/about/offices/list/ocr/docs/ocr-tix-webinar-bci.pdf>

POLICYMAKERS

FINDINGS & RECOMMENDATIONS FOR POLICYMAKERS FROM THE SURVIVORS + ALLIES' 2021 SURVEY OF THE UC COMMUNITY

In 2020, the student-led collective Survivors + Allies (S+A) began a research project surveying students across UC campuses to evaluate students' awareness, utilization, and evaluation of on- and off-campus resources for survivors of sexual violence and sexual harassment (SVSH), including Title IX, Campus Assault Resources & Education (CARE), Counseling and Psychological Services (CAPS), and UC Police Departments (UCPD).

The resulting sample consisted of:

1. **1,223** 1,223 total students (**52%** undergraduate and **48%** graduate)
2. **62%** cisgender women, **21%** cisgender men, **2%** transgender people, **18%** nonbinary and people of other gender identities
3. **42%** of students identified as LGBTQIA+
4. **59%** as students of color
5. **17%** as international students
6. **41%** identified as survivors of SVSH

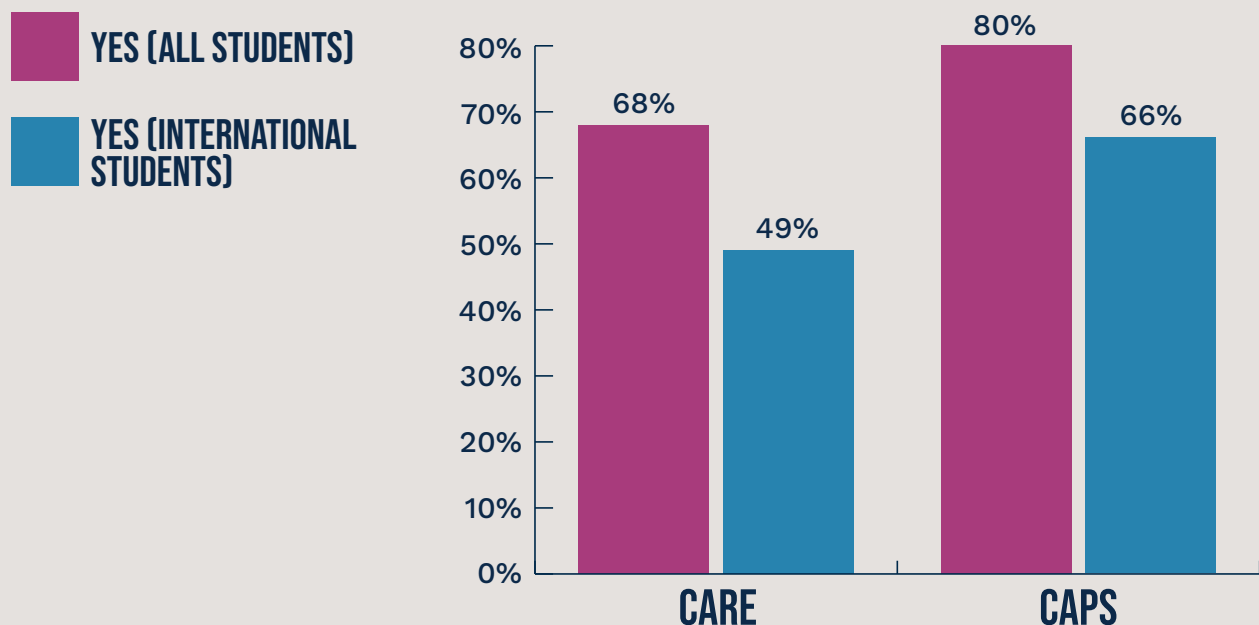
KEY FINDING 1: STUDENTS' OVERALL AWARENESS OF RESOURCES IS LOW

1. Students lack awareness of the two key resources for survivor healing: CARE and CAPS. Only **68%** had heard of CARE, **80%** had heard of CAPS. These numbers are much lower for international students.



2. A high percentage of students don't know that international (**32%** don't know) and undocumented students (**38%** percent don't know) are covered by Title IX.
3. **36%** believed that Title IX is confidential, although it is not; any appointment with a Title IX employee to discuss a student's situation could result in an investigation.
4. Asian and Latinx students are **40%** less likely to know what the Title IX office does when compared to White students.

HAVE YOU HEARD OF THE FOLLOWING RESOURCES?



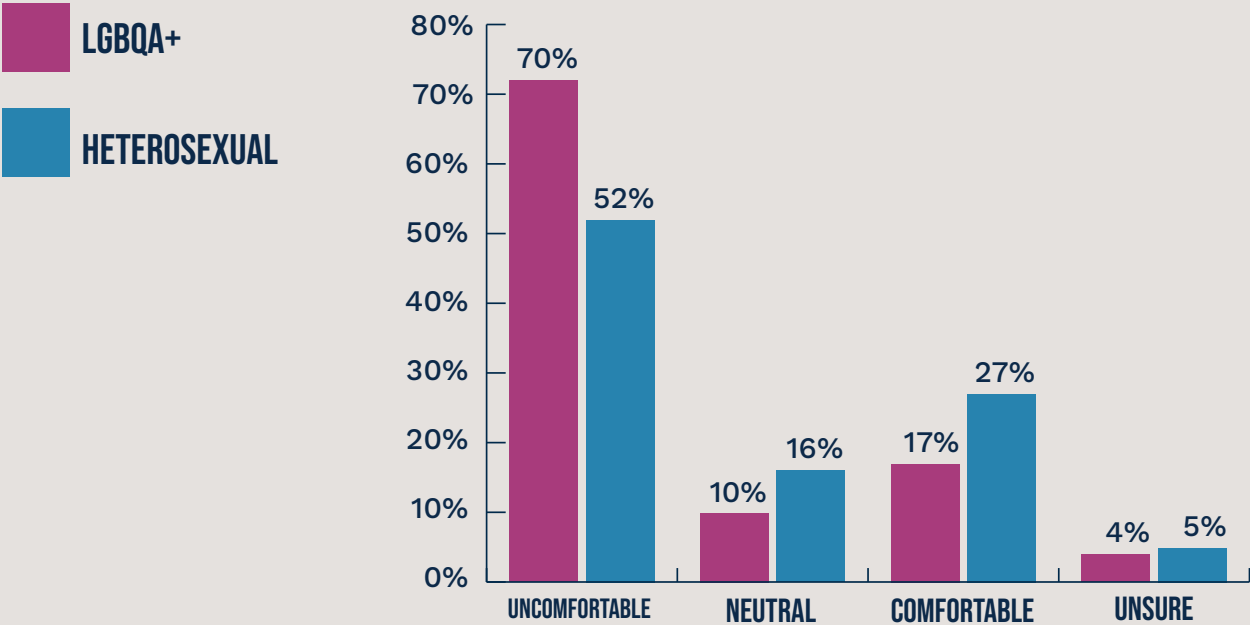
GRAPH DESCRIPTION:

This bar chart compares both all students and international students' answer to the following question: Have you heard of the following resources? The answer options provided were Yes and No for CARE and CAPS. The chart shows that all students had a higher prevalence of answering Yes for both CAPS and CARE compared to international students, suggesting that all students are more aware of survivor resources than international students. Awareness was also higher for CAPS overall, compared to CARE.

KEY FINDING 2: STUDENTS ARE NOT COMFORTABLE REPORTING TO UCPD AND DISTRUST BOTH TITLE IX AND UCPD

- 1. Based on both research and lived experience, we find that UCPD is an undesired frontline response for survivors and their experiences of harm
- 2. LGBQA+ students are **40%** less likely to report to UCPD than heterosexual students.
- 3. Systemwide, LGBQA+ students are less likely to trust the Title IX Office or UCPD.
- 4. Overall, **12%** of students wouldn't trust Title IX to support someone like them (with their identities and background).

ALL STUDENTS ARE UNCOMFORTABLE REPORTING AN INCIDENT OF SVSH TO UCPD, PARTICULARLY LGBQA+ STUDENTS



GRAPH DESCRIPTION:

This bar chart compares LGBQA+ participants' and heterosexual participants' level of comfort reporting an incident of SVSH to UCPD. Answer options provided were: uncomfortable, neutral, comfortable, and unsure. The chart shows that all students are uncomfortable reporting an incidence of SVSH to UCPD,

but LGBTQA+ participants were particularly uncomfortable and reported higher rates of answering “uncomfortable” compared to heterosexual participants.

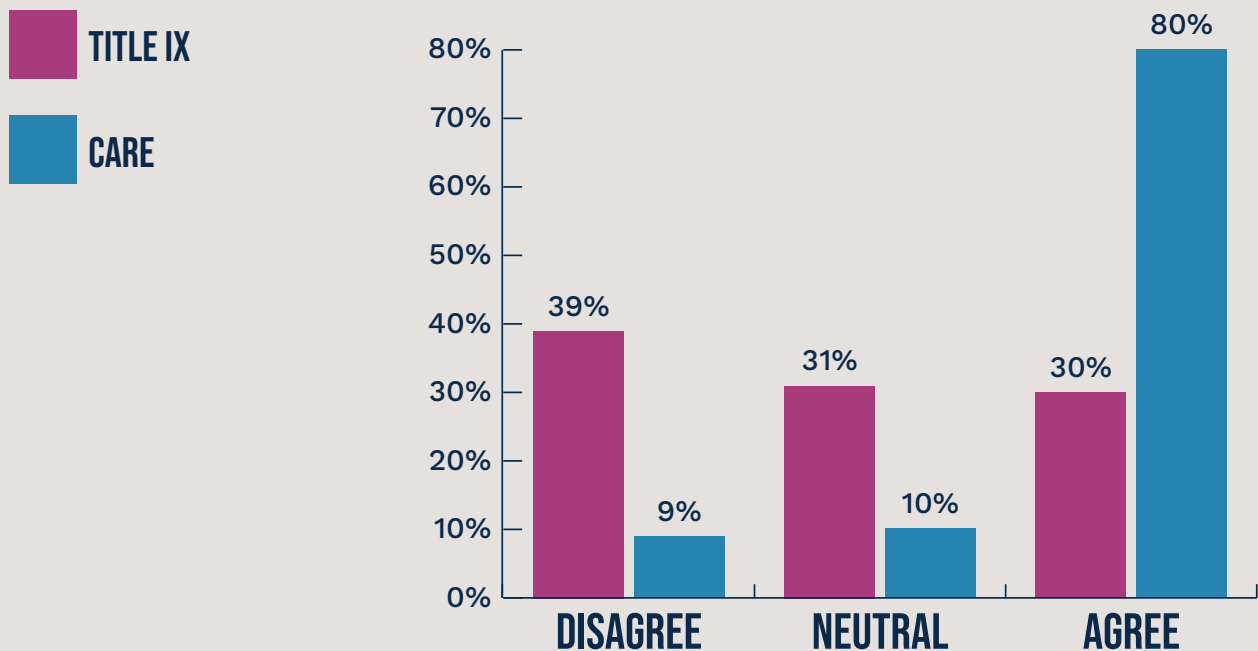
“UCPD was the first university related place I came to after the stalking incident, but they didn’t do anything until several more girls were harassed by the same man, and then he was kicked off campus. I wish they had done it sooner. After the initial call, he stalked me two more times.” - UC Riverside undergraduate student



KEY FINDING 3: SURVIVORS REPORTED NEGATIVE EXPERIENCES WITH TITLE IX

1. Survivors reported highly negative experiences when interacting with Title IX. The process was lengthy, confusing, and inequitable (many perpetrators hired outside lawyers).
2. Moreover, Title IX staff were not trauma informed and did not give survivors clear information. Whereas 83% of survivors reported receiving clear information from CARE, only **56%** reported receiving the same from Title IX.
3. Survivors do not feel safe interacting with Title IX staff. Compared to **80%** of survivors who felt safe with CARE staff, only **30%** felt safe with Title IX staff.

"I FELT SAFE WHEN INTERACTING WITH TITLE IX/CARE STAFF." (ONLY SURVIVOR RESPONSES)



GRAPH DESCRIPTION:

This bar chart looks at survivor responses that agreed with the following statement: I felt safe when interacting with Title IX/ CARE Staff. The answer options provided were: Disagree, Neutral, and Agree for Title IX and CARE. The chart shows that survivors answered agree for CARE most frequently, suggesting that survivors felt most safe when interacting with CARE staff rather than Title IX staff.

“Title IX, at the end of the day they still had my abuser living in the same dormitory as me. They really ended up doing nothing for my safety except for offering me a no contact order.” - UC Santa Cruz undergraduate student

RECOMMENDATIONS: RESOURCES AND FUNDING

1. Publish annual budgets for CARE and CAPS with information about how budgets are allocated across UC

campuses.

2. Increase CARE programming and the number of CARE Advocates.
3. Hire more therapists: therapists of color, LGBTQIA+ therapists, first generation/immigrant therapists, and therapists who specialize in working with victim survivors.
4. Hire a CARE Advocate or equivalent at each UC international center who shares identities with international students.
5. Designate campus LGBTQIA+ centers as confidential resources.
6. Increase awareness of on-campus and off-campus healing resources through improved communication, especially to marginalized student groups.
7. Create more Black and Latinx survivor-centered resources and programming.
8. Standardize information required on UC Campus Title IX websites and UCOP systemwide Title IX website.

DATA AND TRANSPARENCY

1. Standardize data collection and reporting across the UC system, which is consistent with recommendations by UCOP's own Title IX Student Advisory Board.
2. Currently, reporting varies widely by campus and is unstandardized.
3. Make public any UC surveys about the efficacy of Title IX training and students' experiences with SVSH.
4. Develop system wide requirements for pre- and post-test evaluations for training of Title IX staff and investigators.
5. Develop post-investigation surveys for Title IX offices to solicit anonymous feedback from students.

ADDITIONAL RESOURCES

[Shaping Title IX: ERA Supporters Submit Official Comments to DOE](#)

[Five Ways The Department Of Education Can Create A Trauma-Informed, Survivor-Centered Title IX Policy](#)

GENERAL RESOURCES (SURVIVOR FOCUSED)

NATIONAL

1. Rainn
 - Provides information and support for survivors or sexual violence
 - 24/7 hotline and online chat for survivors
 - (800) 656-HOPE (4673)
2. National Sexual Violence Resource Center (NSVRC)
 - <https://www.nsvrc.org/>
3. Domestic Shelters
 - www.domesticshelters.org/
4. National Center for PTSD
 - www.ptsd.va.gov/
5. The Breathe Network
 - <http://www.thebreathenetwork.org/>
6. National DV Hotline
 - Provides information and support for survivors of domestic/dating violence
 - 24/7 hotline for survivors
 - (800) 799-7233
 - <https://www.nsvrc.org/survivors>
7. National Center for Victims of Crime
 - Provides information, support, and advocacy for survivors of crime
 - 24/7 helpline and online chat for survivors of

- crime
 - (855) 4VICTIM
8. Empower Yolo
 - 24/7 crisis hotline: (530) 662-1133
 - Empoweryolo.org
 9. My Sisters House
 - (916) 428-3271
 - My-sisters-house.org
 10. SAVE Research
 - <http://www.researchbysave.org/resources.html>

CALIFORNIA

BAY AREA AND NORTHERN CALIFORNIA

1. Bay Area Women Against Rape
 - 24/7 hotline: (510) 845-7273
2. Family Violence Law Center Crisis Line
 - 24/7 hotline: (800) 947-8301
3. Alliance Against Family Violence & Sexual Assault
 - 24/7 hotline: (661) 327-1091
 - LGBT hotline: (661) 332-1506
 - Toll free: (800) 273-7713
 - Kernalliance.org
4. Mountain Crisis Services of Mariposa County
 - 24/7 hotline: (888) 966-2350
 - Hotline: (209) 966-2350
 - Mountaincrisisservices.org
5. Monarch Services
 - (888) 900-4232
 - Serves community members
 - Monarchsgcc.org

6. Walnut avenue family & women's center
 - 24/7 domestic violence hotline: (866) 269-2559
 - (831) 426-3062
 - Wawc.org
7. Santa cruz police dept
 - (831) 420-5800
8. Victim witness
 - State program dedicated to providing reimbursement for many crime-related expenses to eligible victims who suffer physical injury or the threat of physical injury as a direct results of a violent crime
 - (831) 454-2400
9. Valley Crisis Center
 - Provides services to those experiencing domestic violence or sexual assault
 - 24/7 hotline: (209) 722-4357
10. Bay Area Legal Aid
 - 1035 Market St., 6th Floor, San Francisco, CA 94103
 - (415) 982-1300
 - (415) 354-6360
 - Baylegal.org
11. SF District Attorney Victim Services Division
 - Provides support for treatment or income loss and attorney fees
 - (415) 553-9044
12. San Francisco Women Against Rape
 - (415) 647-7273
 - Sfwar.org
13. Women organized to Make Abuse Nonexistent
 - (415) 864-4722
 - Womaninc.org

14. Cooperative Restraining Order Clinic
 - (415) 255-0165
15. Rape Treatment Center at the Zuckerberg San Francisco General Hospital Emergency Dept.
 - (415) 427-3000
16. ENOUGH Pro Bono Legal Services
 - Equalrights.org
17. Trauma Recovery Center
 - (415) 437-3000
 - Traumarecoverycenter.org
18. Trans Lifeline
 - (877) 565-8860
 - translifeline.org

LOS ANGELES AND ORANGE COUNTY AREA

1. Sojourn
 - Provides shelter, services, support, 24/7 hotline, support groups, court advocacy, and legal assistance for survivors of domestic violence
 - (310) 264-6644
2. Peace Over Violence
 - Provides support, advocacy, information, referrals, accompaniment, counseling self-defense, and a 24/7 hotline for survivors of sexual violence
 - (310) 392-8381
3. Jenesse Center
 - Provides shelter, support, information, advocacy for survivors of domestic violence, and 24/7 hotline
 - (800) 479-7328
4. Waymakers 24HR Hotline
 - (949) 831-9110

- Waymakersoc.org

SAN DIEGO

1. Center for Community Solution
 - (888) 385-4657
2. Womens Resource Center
 - (760) 933-4673
3. License to Freedom
 - (619) 401-2800
4. YWCA San Diego
 - (619) 234-3164
5. San Diego Stalking Hotline
 - (619) 515-8900

SANTA BARBARA AREA

- Santa Barbara Rape Crisis Center
- (805) 564-3696
- Domestic violence solutions for santa barbara county
- (805) 964-5245
- Santa barbara cottage hospital emergency room
- (805) 682-7111
- Isla Vista Foot Patrol/SB Sheriffs Office
- (805) 681-4179

RIVERSIDE COUNTY

1. Riverside Area Rape Crisis Center
 - info@rarcc.org
 - Rarcc.org

- 24 hr hotline: (951) 686-7273
 - (866) 686-7273
2. Alternatives to Domestic Violence
 - Alternativestodv.org
 3. Riverside County Family Justice Center - Riverside
 - 3900 Orange St. Riverside, CA 92501
 - (951) 955-6100
 - Rivcojc.org
 4. Riverside County Family Justice Center - Indio
 - County Law Building 82-995 Hwy. 111, Ste. 103, Indio, CA 92201
 - (760) 863-8363
 - Rivcofjc.org

LGBTQ+

1. LGBTQ College Student Resource Guide
 - <https://collegeeducated.com/resources/lgbtq-college-student-guide/>
2. Organization Focused on Domestic Violence LGBTQ Communities
 - <https://vawnet.org/sc/organizations-focused-dv-lgbtq-communities>
3. The Trevor Project
 - (866) 488-7386
4. ACLU
 - <https://www.aclu.org/>
5. Lyric Center for LGBTQ Youth
 - <http://lyric.org>
6. GLSEN (Gay, Lesbian, and Straight Education Network)
 - <https://www.glsen.org/>
7. LGBTQ+ Youth Resources from the Center for Disease

Control

- <https://www.cdc.gov/lgbthealth/youth-resources.htm>
8. FORGE
 - A national transgender anti-violence organization that provides direct services to transgender, gender non-conforming and gender non-binary survivors of sexual assault, dating, and domestic violence and/or stalking
 - <https://forge-forward.org/>
 9. Los Angeles LGBT Center
 - Provides support, information, and a safe environment for LGBTQ+ folx in the LA area
 - (323) 993-7400
 10. Trans Lifeline
 - (877) 565-8860
 - translifeline.org

BIPOC

1. SGU Tiwahe Glu Kini Pi
 - <http://www.tiwahe.org/>
2. Sisters of Color Ending Sexual Assault (SCESA)
 - [Sisterslead.org](https://sisterslead.org)
3. Local Providers for Black Girls and Women
 - <https://providers.therapyforblackgirls.com/>
4. Local Providers for Latinx Individuals
 - <https://latinxtherapy.com/>
5. Additional Therapy Directory Resources for People of Color
 - <https://www.justdavia.com/blog/directories-for-therapists-of-color>
6. Restore Forward

- <https://restoreny.org/>
7. NIWRC Advocacy Curriculum
 - www.niwrc.org

STUDENTS

1. Know Your Title IX: Survivor Resources
 - <https://knowyourix.org/survivor-resources/>
2. Project Callisto
 - www.projectcallisto.org

UNIVERSITY OF CALIFORNIA

1. Lyra Health - free remote mental health services for UC students with UCSHIP
 - <https://www.lyrahealth.com/members/>

UC Irvine Resources

1. UCI Sexual Violence Prevention Website
 - Sexualviolence.uci.edu
2. UCI Office of Equal Opportunity and Diversity (OEOD)
 - (949) 824-5594
 - Oeod.uci.edu
3. UCI Student Health Center
 - (949) 824-5301
 - Shs.uci.edu
4. UCI Center for Student Wellness and Health Promotion
 - (949) UCI-WELL (824-9355)
 - Studentwellness.uci.edu
5. UCI Counseling Center
 - (949) 824-6457
 - Counseling.uci.edu

6. UCI Disability Services Center
 - (949) 824-7494
 - Dsc.uci.edu
7. UCI Be Well
 - Bewell.uci.edu
8. UCI CARE
 - (949) 824-7273
 - care.uci.edu
9. Waymakers 24HR Hotline
 - (949) 831-9110
 - Waymakersoc.org
10. UCI Title IX Office
 - (949) 824-5594
 - Oeod.uci.edu
11. UCI Office of Academic Integrity and Student Conduct
 - (949) 824-5181
 - aisc.uci.edu/index
12. UCI Police Department
 - (949) 824-5223 or 911
 - police.uci.edu

UCLA Resources

13. UCLA CARE
 - (310) 206-2465
 - Careprogram.ucla.edu
14. CAPS
 - (310) 825-0768
 - Counseling.ucla.edu
15. Office of Ombuds Services
 - (310) 825-7627
16. Rape Treatment Center UCLA Medical Center Santa

Monica

- 1250 16th Street Santa Monica, CA 90404
- (424) 259-7208
- Rapetreatmentcenter.org

17. Title IX UCLA

- (310) 206-3417
- Sexualharassment.ucla.edu

18. UCLA PD

- (310) 825-1491
- Ucpd.ucla.edu

19. Student legal services

- (310) 825-9894
- Studentlegal.ucla.edu

20. Economic Crisis Response Team

- (310) 206-1189
- Studentcrisis.ucla.edu

21. LGBTQ Resource Center

- Lgbt.ucla.edu
- (310) 206-3628

22. Residential Life UCLA

- (310) 825-3401
- Reslife.ucla.edu

23. Bruin Resource Center

- (310) 825-3945
- Brc.ucla.edu
- B44 Student Activities Center

24. Center for Accessible Education

- (310) 825-1501
- Cae.ucla.edu

25. Consultation & Response Team

- [Incrisis.ucla.edu](https://incrisis.ucla.edu)
26. Dashew Center
- (310) 925-1681
 - [Internationalcenter.ucla.edu](https://internationalcenter.ucla.edu)

UC Berkeley Resources

1. PATH to Care Center
 - (510) 643-2005 for 24/7 urgent support
 - (510) 642-1988 for appointments and questions
2. Social Services
 - (510) 642-6074 for appointments and questions
 - (855) 817-5667 for after-hours support
3. Employee Assistance
 - (510) 643-7754
4. UC Berkeley PD
 - (510) 642-3333

UC San Diego Resources

1. CARE Office
 - (858) 534-5793
2. CAPS
 - (858) 534-3755
3. Student Legal Services
 - (858) 534-4374

UC Davis Resources

1. CARE Office
 - [Care.ucdavis.edu](https://care.ucdavis.edu)
 - (530) 752-3299
2. Counseling Services
 - (530) 752-2349

- shcs.ucdavis.edu/counseling-services
- 3. Academic Staff Assistance Program
 - (530) 752-2727
 - hr.ucdavis.edu/ASAP
 - Wrrc.ucdavis.edu
- 4. Women's Resources and Research Center
 - (530) 752-3372
- 5. LGBTQIA+ Resource Center
 - (530) 752-2452
 - Lgbtqia.ucdavis.edu
- 6. Office of the Ombuds
 - (530) 754-7233
 - Ombuds.usdavis.edu
- 7. Family protections and legal assistance clinic
 - (530) 752-6532
 - law.ucdavis.edu/clinics/family-protections-clinic
- 8. UC Davis police department
 - (530) 752-1230
 - Police.ucdavis.edu
- 9. Harassment and discrimination assistance and prevention program
 - Main line: (530) 747-3864
 - Anonymous line: (530) 747-3865
 - Hdapp.ucdavis.edu
- 10. Title IX
 - (530) 752-9466
- 11. Student health and witness center
 - Appointments: (530) 752-2349
- 12. Immigration law clinic
 - (530) 752-6942

UC Santa Barbara Resources

1. CARE Office
 - (805) 893-4613
2. CAPS
 - (805) 893-4411
3. Ombuds
 - (805) 893-3285
4. UCSB Student Health, behavioral health, and alcohol and drug program
 - (805) 893-3371
5. Title IX Advocacy liaison: support for LGBTQIA survivors
 - quinnsolis@ucsb.edu
6. Title IX
 - (805) 893-2701
7. UCSB Police
 - (805) 893-3446
8. Isla Vista Foot Patrol/SB Sheriffs Office
 - (805) 681-4179
9. Student mental health coordination services
 - (805) 893-3030
10. Office of judicial affairs
 - (805) 893-5016
11. Housing, dining and auxiliary enterprises
 - (805) 893-3281
12. Respondent support services
 - (805) 893-4569
13. Associated students legal resource center
 - (805) 893-4246
14. UCSB survivors connect
 - Survivorsconnect.sa.ucsb.edu

15. Thriving, not just surviving
 - care@sa.ucsb.edu

UC Santa Cruz Resources

1. CARE Office
 - (831) 502-2273
 - care@ucsc.edu
2. CAPS
 - (831) 459-2628
3. Title IX
 - (831) 459-2462
4. UCSC PD
 - (831) 459-2231
5. Student Health Center
 - (831) 459-2211
6. Disability Resource Center
 - (831) 459-2089
7. Employee Assistance Program
 - (866) 808-6205
8. Slug Support
 - (831) 459-4446
9. Student Health Outreach and Promotion Program
 - (831) 459-3772

UC Riverside Resources

1. CARE
 - advocate@ucr.edu
2. Care.ucr.edu
 - (951) 827-6225
3. CAPS

- Counseling.ucr.edu
 - (951) 827-5531
4. Office of Ombuds Services
 - (951) 827-3213
 - ombuds@ucr.edu
 - Ombudsperson.ucr.edu
 5. Title IX
 - (951) 827-7070
 - Titleix.ucr.edu
 6. UCR PD
 - (951) 827-5222
 - Police.ucr.edu
 7. LGBT Resource Center
 - (951) 827-2267
 - Out.ucr.edu
 8. Women's Resource Center
 - (951) 827-3337
 - Wrc.ucr.edu
 9. Medical Attention
 - (951) 827-3031
 - Studenthealth.ucr.edu
 10. Visa and immigrant Information
 - (951) 827-2193
 - Usp.ucr.edu
 11. International Student and Scholars Office
 - (951) 827-4113
 - International.ucr.edu
 12. Help with temporary/permanent disabilities
 - (951) 827-3861
 - Sdrc.ucr.edu

UC Merced Resources

1. CARE Office
 - (209) 228-4147
 - Care.ucmerced.edu
2. Campus Advocate: Lynna Cano
 - (209) 386-2051
3. CAPS
 - 24/7 hotline: (209) 228-4266
 - Counseling.ucmerced.edu
4. Office of Ombuds Services
 - (209) 228-4410
5. Title IX
 - (209) 228-5433 (student conduct)
 - (209) 285-9510 (for title ix officer)
 - Studentconduct.ucmerced.edu
 - Dsvp.ucmerced.edu
6. UC Merced Dept. of Public Safety
 - (209) 228-2677
 - Police.ucmerced.edu
7. UC Merced Student Health Center
 - (209) 228-4147
 - Care.ucmerced.edu

UCSF Resources

1. CARE Office
 - (415) 502-8802
 - care@ucsf.edu
2. Office of Ombuds
 - Can help provide resources and mediate difficult conversations or conflict
 - (415) 502-9600

- [Ombuds.ucsf.edu](https://ombuds.ucsf.edu)
- 3. Student Health and Counseling
 - (415) 476-1281
 - [Studenthealth.ucsf.edu](https://studenthealth.ucsf.edu)
- 4. Faculty Staff Assistance Program
 - (415) 476-8779
 - ucsfhr.ucsf.edu/fsap
- 5. Title IX
 - (415) 502-3400
 - [Shpr.ucsf.edu](https://shpr.ucsf.edu)
- 6. Office for the Prevention of Harassment and Discrimination
 - (415) 502-3400
 - [Shpr.ucsf.edu](https://shpr.ucsf.edu)
- 7. UCSF PD
 - (415) 476-1414