

Resources for Survivors of Sexual Assault

BetterHelp: RMU provides free access to mental health counseling and support groups for all of its faculty, students and staff through BetterHelp. For help signing up, email oses@rm.edu.

Callisto: Website that allows survivors of sexual assault to create a timestamped record of their assault and/or match with others harmed by the same perpetrator on their campus.

RAINN: National Sexual Assault hotline; it is the nation's largest anti-sexual violence organization. It also carries out programs to prevent sexual violence, help survivors, and ensure that perpetrators are brought to justice.

The Refuge: Provides domestic violence and sexual assault services to **Utah residents**. Resource for individual therapy, safe housing, and children's services. Offers safety, advocacy and education for survivors of sexual assault and domestic violence.

Consent Guide: resource from the National Sexual Violence Resource Center. This guide defines consent and details key considerations before, during, and after asking for consent.

1in6: Website dedicated to providing resources, info, and supporting Male survivors of sexual assault.

National resources for remote students:

- National Stalking Resource Center: 202-467-8700
- Victim Connect Hotline: 855-4-VICTIM (855-484-2846) / <https://victimsofcrime.org/stalking-resource-center/resources/>
- National Domestic Violence Hotline: 1-800-779-7233 / www.thehotline.org
- National Sexual Assault Hotline: 1-800-656-HOPE(4673) or <https://rainn.org/>
- LGBT National Help Center: 1-888-843-4564
- LGBT Youth Hotline (up to age 25):1-800-246-7743
- National Helpline for Male Survivors: 1-800-656-HOPE(4673) or [1in6](#)