

RESOURCES IN THE VALLEY

Sexual Assault				
Organization Name	Lower/Upper Valley	Contact Information	Additional Information	Website
National Sexual Assault Hotline	Lower/Upper Valley	(800) 656-HOPE victimsupport@rainn.org	24/7	https://rainn.org/help-and-healing/hotline/
Youth Help Room	Lower/Upper Valley	N/A	24/7 Moderated group chat room for youth 24 years of age and under Separate chats for ages 14-17 and 18-24 Anonymous, resources, support, but not a substitute for professional healthcare	https://rainn.org/help-and-healing/hotline/youth-helproom/