



*Elmhurst University
Wellness Center*

Monday-Friday, 8:00 a.m.-4:00 p.m.

*Please call (630) 617-3565 to make
an appointment*

Sexual Assault/Domestic Violence National Resources:



National Alliance to End Sexual Violence

<https://endsexualviolence.org/>
(202) 869-8520
info@endsexualviolence.org

The [National Alliance to End Sexual Violence](https://endsexualviolence.org/) educates the policy community about federal laws, legislation and appropriations impacting the fight to end sexual violence. Its team of experts and advocates, donating time away from their state and local groups, publish written analysis, track legislation, provide media interviews, and advise members of Congress and the executive branch.



Joyful Heart Foundation

<http://www.joyfulheartfoundation.org/>
212.475.2026

[Joyful Heart Foundation](http://www.joyfulheartfoundation.org/) is a leading national organization with a mission to transform society's response to sexual assault, domestic violence, and child abuse, support survivors' healing, and end this violence forever.



Me Too Movement

<https://metoomvmt.org/>

The ['me too' movement](https://metoomvmt.org/) supports survivors of sexual violence and their allies by connecting survivors to resources, offering community organizing resources, pursuing a 'me too' policy platform, and gathering sexual violence researchers and research. 'Me Too' movement work is a blend of grassroots organizing to interrupt sexual violence and digital community building to connect survivors to resources.



National Domestic Violence Hotline

<https://www.thehotline.org/>
1-800-799-7233
Text LOVEIS to 22522

The [National Domestic Violence Hotline](https://www.thehotline.org/) provides lifesaving tools and immediate support to enable victims to find safety and live lives free of abuse



RAINN
<https://www.rainn.org/>
800.656.HOPE (4673)

As the nation's largest anti-sexual violence organization, RAINN operates the National Sexual Assault Hotline, a 24/7, free, confidential hotline in English and Spanish staffed by trained support specialists who can provide support and resources to survivors and their loved ones. Chat online at [hotline.RAINN.org](https://hotline.rainn.org) or call +1 (800) 656.HOPE (4673).

Legal Resources:



**EQUAL RIGHTS
ADVOCATES**

Equal Rights Advocates
(800) 839-4372
<https://www.equalrights.org/contact/>

[Equal Rights Advocates](https://www.equalrights.org) is a nonprofit legal organization dedicated to protecting and expanding economic and educational access and opportunities for women. They provide a toll-free multi-lingual Advice and Counseling Line where you can receive advice and information on your legal rights. All calls are confidential.



Times Up Legal Defense Fund
<https://nwlc.org/times-up-legal-defense-fund/>

[Time's Up Legal Defense Fund](https://nwlc.org/times-up-legal-defense-fund/) The Legal Network for Gender Equity connects people who face sex discrimination — like sex harassment — at work, at school, or when getting health care, with legal assistance.

Local Resources:



Pillars Community Health

Healing. Caring. Educating.

Pillars Community Health
333 North La Grange Road, Suite One
La Grange, IL 60525
708-745-5277
<https://pillarscommunityhealth.org/>

Pillars Community Health provides health, social, and educational services to build strong, healthy communities. We are providing quality health care and restorative dental care, counseling those recovering from opioid abuse, empowering clients with mental illness, sheltering families from domestic violence, changing the conversation about sexual assault on college campuses, and teaching young children who are enrolled in preschool—and these are just some examples of the work we do, work that is so needed in our communities.



RESILIENCE
EMPOWERING
SURVIVORS
ENDING SEXUAL
VIOLENCE

Resilience

180 N Michigan Ave. Suite 600

Chicago, IL 60601

312-443-9603

<https://www.ourresilience.org/>

Resilience is an independent, not-for-profit organization dedicated to the healing and empowerment of sexual assault survivors through non-judgmental crisis intervention counseling, individual and group trauma therapy, and medical and legal advocacy in the greater Chicago metropolitan area.

**CENTER
ON
HALSTED**

Center on Halsted

3656 N Halsted

Chicago, IL 60613

773.472.6469

<https://www.centeronhalsted.org/>

Center on Halsted is the Midwest's most comprehensive community center dedicated to advancing community and securing the health and well-being of the Lesbian, Gay, Bisexual, Transgender and Queer (LGBTQ) people of Chicagoland.



Room to Breathe

25 E Washington St. Suite 1025A

Chicago, IL

(414) 436- 7244

<https://www.roomtobreathechicago.com/>

Room to Breathe is a part of the Center, an integrative psychotherapy practice. Our mission is to offer yoga classes, workshops, and other wellness services, empowering you to find the tools that help you thrive.



sarah's inn

Sarah's Inn

Oak Park, IL

708-386- 3305

<https://sarahsinn.org/>

24- Hour Crisis Line: 708-386-4225 (phone)/ 708-792-3120 (text)

We provide holistic intervention services to adults and children impacted by domestic violence, providing them necessary supports and resources, and a safe environment to process and heal from the trauma they have experienced.