

Resources

If you are a victim of sexual violence:

First, seek immediate medical care. It is important to get a medical exam and preserve all physical evidence, regardless of whether you intend to report a crime, notify the police, or press criminal charges. Victims of sexual assault are encouraged to have a Sexual Assault Forensic Exam (SAFE) performed by a Sexual Assault Nurse Examiner (SANE) as soon as possible but no later than four days after the incident. With the victim's consent, evidence collected during a SAFE can be used in a criminal investigation; however, a victim can undergo a SAFE regardless of whether they contact police. To undergo a SAFE, victims should go directly to the emergency department of the nearest hospital that provides SAFE services:

- Memorial Hermann Health System
- Harris Health Systems
- Texas Children's Hospital – for children and minors

The cost of the forensic portion of the SAFE is covered by the law enforcement agency investigating the assault or, in cases where a report is not made to police, the Texas Department of Public Safety. This does not include the cost of medical treatment that is not part of the SAFE. Additional information is available from the attorney general of Texas:

- [Sexual Assault Prevention and Crisis Services](#)
- [Sexual Assault Reimbursement Guidelines](#)
- [Sexual Assault: Information for Adult Survivors](#)

Individuals who have experienced a sexual assault but do not plan to undergo a SAFE or report to police are strongly encouraged to seek medical attention and counseling.

Institutional Resources:

- The University of Texas Police Department
 - Phone: (Emergency) 911 or (Non-Emergency) 713-792-2890
 - Website: <https://www.utph.org/>
- Employee Assistance Program (EAP) – Free confidential counseling services and referrals
 - Phone: 713-745-6901
 - Website: <https://www.mdanderson.org/about-md-anderson/employee-resources/employee-assistance-program.html>

Local Resources:

- Houston Police Department
 - Phone: (Emergency) 911 or (Non-Emergency) 713-884-3131
 - Website: <http://www.houstontx.gov/police/>

- Houston Area Women’s Center - Services for survivors of domestic and sexual violence and their non-offending family and friends. Services include 24-hour hotlines, counseling and urgent referrals to shelters.
 - Phone: (Office) 713-528-6798; (domestic violence hotline) 713-528-2121; or (sexual assault hotline) 713-528-7273
 - Website: <http://www.hawc.org>
- Crisis Intervention of Houston - Confidential and anonymous services for any crisis event. Services include 24-hour crisis hotlines.
 - Phone: 832-416-1177 (hotline) or 832-416-1199 (teen hotline) or 281-201-4430 (text)
 - Website: <http://www.crisishotline.org>
- Bastrop Family Crisis Center – Services for survivors of domestic and sexual violence, including a 24-hour hotline. They also arrange referrals to local shelters.
 - Phone: 512-321-7760 (Office) or 888-311-7755 (hotline) or 512-303-7755 (hotline)
 - Website: <http://www.family-crisis-center.org/>
- The Montrose Center – Provides services for LGBTQ survivors of domestic violence, sexual assault, hate crimes, trafficking, etc.
 - Phone: (Main) 713-529-0037 or (24 hour helpline) 713-529-3211
 - Website: <http://www.montrosecenter.org/hub/>
- Bridge over Troubled Waters (Pasadena) - Services for survivors of domestic violence and sexual assault
 - Phone: (Office) 713-472-0753 or (Crisis hotline) 713-473-2801
 - Website: <http://www.thebridgeovertroubledwaters.org/>
- Bay Area Turning Point – Services for survivors of domestic violence and sexual assault (Counties primarily served: Harris, Chambers, Brazoria and Galveston)
 - Phone: (Office) 281-338-7600 or (Crisis hotline) 281-286-2525
 - Website: <http://www.bayareaturningpoint.org/>
- Fort Bend County Women’s Center - Services for survivors of domestic violence and sexual assault
 - Phone: (Office) 281-344-5750 or (Crisis hotline) 281-342-4347
 - Website: <https://www.fbwc.org/>
- Women’s Center of Brazoria County – Services for victims of domestic and sexual violence
 - Phone: (Office) 281-585-0904 or (Crisis hotline) 1-800-243-5788
 - Website: <http://www.womenscenterbc.com/>
- Montgomery County Women’s Center - Services for victims of domestic and sexual violence as well as stalking
 - Phone: (Office) 936-441-4044 or (Crisis hotline) 936-441-7273
 - Website: <http://mcwctx.org/>
- Resource and Crisis Center of Galveston County – Services for victims of domestic and sexual violence
 - Phone: (Office) 409-763-1441 or (Crisis hotline) 1-888-919-7233
 - Website: <https://www.rccgc.org/>
- The Attorney General of Texas (Stalking, Sexual Assault and Domestic Violence)
 - Website: <https://www.texasattorneygeneral.gov/cvs/crime-victim-services-assisting-victims-of-violent-crime>

National Resources:

- National Therapy Directory (in order to find a counselor near you)
 - Website: <https://www.psychologytoday.com/us/therapists>
- National Suicide Prevention Lifeline
 - Phone: 1-800-273-8255 (TALK)
 - Website: <http://www.suicidepreventionlifeline.org/>
- National Domestic Violence Hotline
 - Phone: 800-799-7233 (English and Spanish)
 - Website: <http://www.thehotline.org/>
- National Sexual Violence Resource Center
 - Phone: 877-739-3895
 - Website: <http://www.nsvrc.org/>
- Rape Abuse and Incest National Network (RAINN)
 - Phone: 800-656-4673
 - Website: <https://www.rainn.org/>
- National Online Resource Center on Violence Against Women
 - Website: <http://www.vawnet.org/>
- Stalking Resource Center
 - Phone: 202-467-8700
 - Website: <https://www.victimsofcrime.org/our-programs/stalking-resource-center>
- Veterans Crisis Hotline
 - Phone: 1-800-273-8255
 - Website: <https://www.veteranscrisisline.net/>
- Crisis Text Line – Free 24/7 support via text for individuals in crisis
 - Text “Start” to 741-741
- U.S. Department of State
 - Phone: 202-647-4000 (main switchboard) or TTY: 1-800-877-8339 (Federal Relay Service) or 202-663-1255 (visa information)
 - Website: <https://www.state.gov/m/ds/>
- U.S. Department of Homeland Security
 - Phone: 202-282-8000 (Operator) or 1-800-375-5283 (U.S. Citizen and Immigration Services)
 - Website: <https://www.dhs.gov/> or <https://www.state.gov/m/ds/> (USCIS)

Take Back the Night (TBTN) Foundation

TBTN attorneys can assist with situations of sexual assault and violence on college campuses, statutory rape, sexual harassment in the workplace, gender discrimination, stalking, and domestic violence. Questions are submitted via confidential online form and the legal team typically responds within 24 hours to all inquiries.

- **Texas Advocacy Project**
800-374-HOPE (4673)

LGBTQ+ Resources

The following organizations either offer services specifically for LGBTQ+ individuals or include inclusive, affirming statements on their websites and materials.

- Trans Lifeline – 24 hour hotline staffed by transgender people for transgender people in a crisis
 - Phone: 877-565-8860
- LGBT National Hotline
 - Phone: 1-888-843-4564
 - Website: <https://www.glbthotline.org/hotline.html>
- **FORGE**
414-559-2123
- **The Trevor Project**
24-Hour Hotline: 866-488-7386
Text: Text “start” to 678678 24/7/365
- **Love Is Respect**
24-Hour Hotline: 866-331-9474 or text “loveis” to 22522
[Online chat available](#)