

How to Support LGBTQ Victims & Survivors of Sexual Violence

Welcome!

Supporting LGBTQ victims and survivors of sexual violence, and being there for them as they navigate life after trauma, is a crucial aspect of **collective healing**. Whether you're a part of the LGBTQ community or not, it is vital to provide a **safe** and **empathetic** space for everyone.

Learn how to show support
for LGBTQ victims and survivors:

Listen without judgment.¹

When a victim/survivor chooses to share their experience, lend them an empathetic ear. Create a safe space for them to speak openly without fear of blame or shame. Remember, their feelings are valid and their experience deserves to be heard.

Learn about ways to be an ally.²

Even if you already identify as a member of the LGBTQ community, it's still important to hold space for those whose journey differs from your own. Allyship is about learning from others and supporting them.

Respect autonomy.

Empower victims and survivors to make decisions that are right for them. Offer support, resources, and information, but allow them to reclaim a sense of control over their lives and healing process.

Be available.

Healing is not linear and isn't confined to a schedule. Let victims and survivors know you're there for them whenever they need to talk or simply have someone present.

Be patient.

Healing takes time. It's a journey of progress, setbacks, and triumphs. Patience is a gift you can offer by consistently being there without pressure or judgment.

Celebrate resilience.

As victims and survivors take steps toward healing, celebrate their victories – no matter how small. Acknowledging their strength can help them see their progress and continue moving forward.

Offer resources.

Familiarize yourself with local LGBTQ-friendly and victim/survivor support resources. Offer to help them find professional counseling, support groups, or hotlines like **RAINN** and **The Trevor Project**.

- **National Sexual Assault Hotline**: Operated by **RAINN**, the National Sexual Assault Hotline (NSAH) provides free, confidential support 24/7 by phone at **1-800-656-HOPE** in **English** and **Spanish**.
- **The Trevor Project**'s trained counselors are available 24/7 at **1-866-488-7386**, via chat on www.TheTrevorProject.org/Get-Help, or by texting **START** to **678-678**.

As a loved one of a victim/survivor, your **support** after disclosure can be **crucial** in the healing process. Standing beside and supporting LGBTQ victims and survivors, through the challenges and triumphs of life after trauma, is an important component in **healing together**.



The Trevor Project is the leading suicide prevention organization for lesbian, gay, bisexual, transgender, queer, and questioning (LGBTQ) young people.

We provide 24/7 crisis services for LGBTQ young people via a phone lifeline, text, and chat. We also operate innovative research, advocacy, public training, and peer support programs.

   @TrevorProject

   @TheTrevorProject

In English: [TheTrevorProject.org](https://www.thetrevorproject.org)
En Español: [TheTrevorProject.mx](https://www.thetrevorproject.mx)

RAINN

RAINN (National Sexual Assault Hotline) is the nation's largest anti-sexual violence organization.

We created and operate the National Sexual Assault Hotline in partnership with more than 1,000 local sexual assault service providers across the country. We also carry out programs to prevent sexual violence, help survivors, and ensure that perpetrators are brought to justice.

    @RAINN   @RAINN01

In English: [hotline.RAINN.org/online](https://hotline.rainn.org/online)
En Español: [hotline.RAINN.org/es](https://hotline.rainn.org/es)