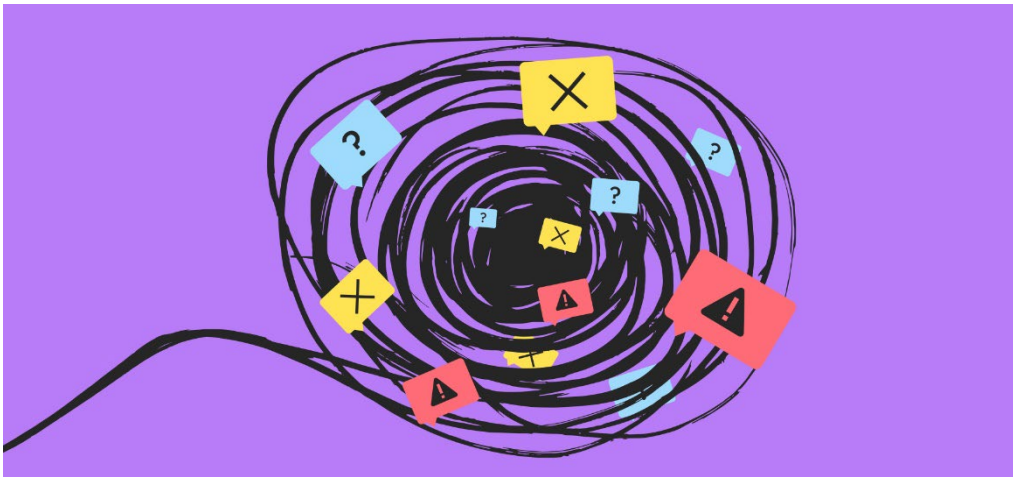




Hotlines and Reporting Harmful Activities from Social Media



To report sexual abuse online through the National Sexual Assault Hotline, follow these steps:

- 1. Visit the RAINN Website:** Go to the official RAINN (Rape, Abuse & Incest National Network) website at <https://www.rainn.org>. RAINN operates the National Sexual Assault Hotline in partnership with more than 1,000 local sexual assault service providers across the country.
- 2. Online Chat Option:**
 - Once on the website, you'll see an option to use the "Chat Online" feature.
 - This allows you to connect confidentially with a trained RAINN support specialist for advice, assistance, and resources.
- 3. Hotline Option:**
 - If you prefer to speak over the phone, you can call the National Sexual Assault Hotline directly at **1-800-656-HOPE (4673)**.
 - This hotline is available 24/7 and connects you to local service providers who can guide you through the reporting process and offer additional support.



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4. Confidential Support:

- The service is anonymous and confidential, meaning that your identity is protected.
- The support specialist can guide you on how to proceed with reporting the incident to law enforcement or other authorities if you choose to do so.

5. Follow-Up Resources:

- After your chat or call, RAINN can provide follow-up resources, such as information on local counseling services, legal advocacy, and medical assistance.

For immediate emergencies, contacting local law enforcement directly or visiting the nearest emergency room is recommended.

How to Report Cyberbullying online via the National Cyberbullying Hotline

The National Cyberbullying Hotline provides support for those experiencing cyberbullying. Here's how to report cyberbullying online through this hotline:



1. Visit the Cyberbullying Hotline Website:

- Go to the official website of the National Bullying Prevention Center at <https://www.pacer.org/bullying/resources/cyberbullying/>. This organization offers resources and support for those dealing with cyberbullying.



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2. **Hotline Contact:**

- As of now, there is no dedicated National Cyberbullying Hotline similar to the National Sexual Assault Hotline. However, you can find resources, guides, and help through the PACER Center's website.
- For direct help, you can reach out to your local school, authorities, or organizations such as the **StopBullying.gov** website.

3. **Online Reporting:**

- The PACER Center provides guidelines on how to report cyberbullying incidents to social media platforms, internet service providers, and local authorities.
- The website includes resources on documenting incidents, blocking cyberbullies, and securing online accounts.

4. **Confidential Support:**

- While the PACER Center does not offer a direct online chat like RAINN, they provide information on how to get help from school counselors, mental health professionals, or law enforcement.

For more personalized help, contacting local authorities or utilizing school resources can be beneficial. Additionally, many social media platforms have built-in tools to report and block cyberbullying.



How to Report Suicide Concerns online via the National Suicide Hotline



To report suicide concerns or seek help for someone in crisis through the National Suicide Prevention Lifeline, follow these steps:

1. Visit the 988 Suicide & Crisis Lifeline Website:

- Go to the official website of the 988 Suicide & Crisis Lifeline at <https://988lifeline.org/>.
- This lifeline offers support for people in suicidal crisis or emotional distress and operates 24/7.

2. Online Chat Option:

- On the website, you'll see an option to "Chat With Lifeline."
- Click on this option to connect confidentially with a trained crisis counselor online. This chat service is free and available at all times.



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3. **Hotline Option:**

- If you prefer to talk to someone over the phone, you can dial **988** to connect directly with a crisis counselor.
- This hotline is available 24/7 and offers free and confidential support.

4. **Text Option:**

- You can also text **HELLO** to **741741** to connect with a trained crisis counselor from the Crisis Text Line, another free and confidential service.

5. **Confidential Support:**

- The services provided by the 988 Suicide & Crisis Lifeline are anonymous and confidential. Crisis counselors are trained to listen and provide support, and they can help connect you to local resources, such as counseling, mental health services, or emergency services if necessary.

6. **Follow-Up Resources:**

- After contacting the Lifeline, you may receive follow-up information and resources, including details on local mental health providers, support groups, and other services that can assist in preventing further crises.

If someone is in immediate danger, contacting local emergency services directly (911 in the U.S.) is recommended.