For those who have survived and are surviving gender-based violence, you are not alone. Below is a list of Denver, National, and on-line resources and tools. CAPE is updating this list continuously. For more information, feedback, or questions contact cape@du.edu.

TECH SAFETY:
- Tech Safety Tool Kit – National Network to End Domestic Violence
  - Tech Safety App
- Tech & Social Media Safety – National Domestic Violence Hotline

MEDICAL RESOURCES:
- If you have a life threatening injury or are in need of immediate assistance, call 911 or go to your nearest emergency room.
- SANE Medical/Forensic Exams in Colorado commonly knowns as “rape kits” continue to be offered at hospitals across Colorado.
- HCC Medical Services
  - Offers low cost and/or free medical care for concerns directly related to gender-based violence
  - Connect with a CAPE Advocate or call 303-871-2205 to speak with a provider about options and to schedule an appointment

SAFETY PLANNING:
- Staying Safe During COVID-19 – The National Domestic Violence Hotline
- Safety Planning – Love is Respect

LOCAL & NATIONAL 24/7 HOTLINES:
- National Domestic Violence Hotline – 1-800-799-7233, text “LOVEIS” to 22522, or chat online
- RAINN National Sexual Assault Hotline – 1-800-656-4673 or chat online
- The Deaf Hotline for Deaf, DeafBlind, DeafDisabled survivors – video phone 1-855-812-1001, email nationaldeafhotline@adwas.rog, chat online
- The StrongHearts Native Helpline for domestic/sexual violence – 1-844-762-8483
- National Human Trafficking Resource Center – 1-888-373-788, Text “BeFree” to 233733, or chat online
- The Blue Bench (Colorado Sexual Assault Hotline) – 303-322-7273
- Safehouse Denver (Colorado Domestic Violence Hotline and Shelter)—303-318-9989
- Colorado Crisis Services – 1-844-493-8255 or Text “TALK” to 38255
- National Suicide Prevention Lifeline – 1-800-273-TALK (8255)
- National Eating Disorders Association Helpline – 1-800-931-2237 Mon-Thurs 11am-9pm EST, Fri 11am-5pm EST
SELF-CARE & COPING RESOURCES:
- [7 Ways Survivors Can Practice Self-Care When Retraumatized During Tragedy](#)
- [How To Respond Effectively To The Corona Crisis](#) Video by Dr. Russ Harris
- [COVID-19 Information and Resources](#) – National Alliance on Mental Health (NAMI)
- [Guided Mindfulness Exercises](#) - TAO (Therapy Assistance Online)
- [Virusanxiety.com](#) – Self-care tools and information

LEGAL RESOURCES:
- [Rocky Mountain Victim Law Center](#)
- [COVID-19 Resources for Legal Services and Victims’ Rights](#) – National Crime Victim Law Institute

REPORTING:

Denver Police Department:
- Due to the pandemic, additional screening measures may be implemented for people presenting in person to report a crime.
  - [SEEK THEN SPEAK](#): Denver Police Department offers online resources and reporting options for those who are victims/survivors of sexual assault. Seek Then Speak allows victims/survivors and their support systems access to information and reporting option through the web, phone, or mobile app. These options help victims/survivors better understand what happened and explore their options, while remaining anonymous until they choose to make direct contact with law enforcement.

Title IX Office at DU:
- Title IX is continuing to respond to and investigate reports to gender-based violence during this time.
  - Web: [www.du.edu/titleix](http://www.du.edu/titleix)  Email: TitleIX@du.edu  Phone: 303-871-7016