- 1. National Domestic Violence Hotline (USA): Provides 24/7 support, information, and resources for individuals affected by domestic violence. Call 1-800-799-SAFE (7233) or visit their website at www.thehotline.org.
- 2. RAINN (Rape, Abuse & Incest National Network) (USA): Offers a helpline and online chat service for survivors of sexual assault and their loved ones. Call 1-800-656-HOPE (4673) or visit their website at www.rainn.org.
- 3. National Coalition Against Domestic Violence (NCADV) (USA): Works to support survivors, raise awareness, and advocate for policies to end domestic violence. Visit their website at www.ncadv.org for resources and information.
- National Network to End Domestic Violence (NNEDV)
 (USA): A leading organization addressing domestic violence,
 providing resources, policy advocacy, and support for
 survivors. Visit their website at www.nnedv.org.
- 5. Refuge (UK): Offers a 24-hour helpline and safe accommodations for women and children experiencing domestic violence in the United Kingdom. Call their helpline at 0808 2000 247 or visit their website at www.refuge.org.uk.
- 6. Women's Aid (UK): Provides support, resources, and advocacy for women experiencing domestic violence in the United Kingdom. Visit their website at www.womensaid.org.uk for information and guidance.
- 7. The Assaulted Women's Helpline (Canada): Offers 24/7 support, information, and crisis intervention for women in Canada experiencing domestic violence or sexual assault. Call their helpline at 1-866-863-0511 or visit their website at www.awhl.org.
- 8. Canadian Centre for Women's Empowerment (Canada): Provides resources, support, and educational programs to empower women and address issues of domestic violence and sexual assault. Visit their website at www.ccwef.ca for information and assistance.

- 9. White Ribbon (International): An organization working to end violence against women by engaging men and boys in promoting healthy relationships and gender equality. Visit their website at www.whiteribbon.org for resources and campaigns.
- 10. International Association of Women's Shelters (IAWS): A global network of organizations working to end violence against women and provide shelter and support services. Visit their website at www.womenshelters.org for information on resources in various countries.

Note: These resources are well-known and reputable, but it's important to also seek local resources and organizations specific to your country or region for more localized support.