



HIGH SCHOOL TEENS IN DMPS!

Thank you for being in Project LIVE. We appreciate you, and remember, your voice matters!

Below are people and places who can help you and others who might need help or resources.

TALK TO AN ADULT YOU TRUST

You can talk to an adult you trust like a parent, grandparent, teacher, coach, mentor, or someone else who you think can help you.

If you do not feel like you have an adult in your life to talk to, you can call someone else in Des Moines or a National Hotline.

CALL SOMEONE IN DES MOINES

If you or someone else is in danger, please call **911** immediately.

515-283-4811 for non-emergencies

1-800-362-2178 IA Child Abuse Hotline

The pages after this have more places to go or call in Des Moines.

CALL A NATIONAL HOTLINE

911: If you are thinking about hurting yourself.

1-800-273-8255 National Suicide Hotline: helps people who are in crisis.

1-800-422-4453 ChildHelp: an organization to call if someone is hurting you.

1-800-786-2929 National Runaway Safeline: if you are thinking of running from home, if you have a friend who has run away, or if you are a runaway ready to go home.

Additional resources on the following pages.

CONTACT US

If you have questions about this research project or want us to help you get help, you can reach out in a number of ways.

515-410-6536

Email: ProjectLIVE@unl.edu

<https://cyfs.unl.edu/academies-bureaus/ivrl/current-projects/project-live/>

Follow us: @unl.ProjectLIVE on [Facebook](#) & [Instagram](#)

Please remember: if you tell us that you or another child is being hurt, we will need to tell an adult so that we can keep you and others safe.

Organizations in Des Moines, IA

Children & Families of Iowa (CFI)

Children & Families of Iowa is a nonprofit organization dedicated to improving the lives of children and families throughout Iowa.

Address: 1111 University Ave, Des Moines, IA 50314

Phone: 515-288-1981

Hotline: Local Crisis Line: 515-243-6147, Domestic Violence Hotline: 800-942-0333

Email: contactus@cfiowa.org

Website: www.cfiowa.org

Services: 24/7 Hotline; domestic violence prevention and intervention; emergency shelters; teen programs; early childhood development; mental health and substance abuse services

Dorothy's House

Dorothy's House offers restoration homes and programs for survivors of human trafficking, exploitation, and prostitution.

Address: P.O. Box 57672, Des Moines, IA 50317

Phone: 515-306-5580

Website: <https://dorothyshouse.org/>

Services: housing (long-term); addiction treatment; therapy (traditional and non-traditional); life-skill coaching; legal aid; job skill training; recreational activities; ongoing education

Garden Gate Ranch

Garden Gate Ranch is a faith-based Christian organization providing safe housing and restorative and transitional services for sexually exploited women and their children. Garden Gate Ranch seeks to rally our communities to ensure that all women are free from exploitation and abuse.

Address: P.O. Box 8351 Des Moines, IA 50301

Phone: 515-393-8400

Email: info@gardengateranch.com

Website: www.gardengateranch.com

Services: housing (immediate and long-term); community services; medical; counseling; therapy; continuing restoration programs

Iowa Coalition Against Domestic Violence (ICADV)

The Iowa Coalition Against Domestic Violence (ICADV) provides education, support, and technical assistance to domestic violence service providers, enabling them to establish housing and supportive services for victims /survivors and their dependents.

Address: 4725 Merle Hay Road, STE 107, Des Moines, Iowa 50322

Phone: 515-244-8028

Email: icadv@icadv.org

Website: www.icadv.org

Services: advocacy training; referrals to direct service (financial, legal, academic scholarship opportunities)

Iowa Coalition Against Sexual Assault (IowaCASA)

IowaCASA provides a bridge between victim advocates at sexual assault programs, statewide policy makers, and federal responses to sexual harassment, abuse, and assault.

Address: 3030 Merle Hay Road, Des Moines, IA 50310

Phone: 515-244-7424

Website: www.iowacasa.org

Services: advocacy services; training and development of sexual assault service program; resources relating to sexual violence

Iowa Homeless Youth Center (IHYC)

Iowa Homeless Youth Center, a community-based organization of Youth & Shelter Services (YSS), works to eliminate homelessness among children, youth, and young families in Des Moines, Iowa. IHYC provides comprehensive services to victims of crime including sex trafficking survivors between ages 18 to 21 for males and 18 to 24 for females, including those who are pregnant and parenting.

Address: 612 Locust St, Des Moines, IA 50309

Phone: 515-883-2379

Hotline: 515-233-2330 or 800-600-2330

Website: www.yss.org/locations-iowa-homeless-youth-centers/

Services: housing and shelter (emergency, transitional living, affordable housing); counseling and treatment; community service referral; shower and laundry facilities; food and meals; computer lab

Iowa Victim Service Call Center

The Iowa Victim Service Call Center is a resource to victims and survivors of crime in Iowa. With staff available 24 hours a day and 365 days a year, callers are given the full attention they deserve.

Phone: 1-800-770-1650

Text: 'IOWAHELP' to 20121

Website: www.survivorsHotline.org

Services: 24/7 Hotline

L.U.N.A. (Latinas Unidas Por Un Nuevo Amanecer)

LUNA provides support, advocacy, and empowerment for victims and survivors of sexual assault and domestic abuse. LUNA was created in 1999 by a group of survivors who noticed the lack of resources available to the Latinx community in Iowa.

Address: 100 E. Euclid Avenue, Suite 153, Des Moines, IA 50313

Phone: 515-271-5060

Hotline: 866-256-7668

Email: info@lunaiowa.org

Website: www.lunaiowa.org

Services: 24/7 Hotline (English & Spanish); court/legal advocacy; community referrals; safety plan; support groups; educational counseling; immigrant resources

Monsoon: Asians & Pacific Islanders in Solidarity

Monsoon (formerly Monsoon United Asian Women of Iowa) serves victims/survivors of domestic violence, sexual assault and human trafficking in Asian and Pacific Islander (API) communities in Iowa.

Address: 4944 Franklin Avenue, Suite B, Des Moines, IA 50310

Phone: 515-288-0881

Website: www.monsooniowa.org

Services: advocacy services; safety plans; individual and group counseling; liaising with the law enforcement; employers and educational institutions; criminal justice and legal advocacy; court accompaniment; immigration assistance

Nissa: African Family Services

Nissa's mission is to end domestic violence and sexual assault in African immigrants and refugee communities by promoting social, economic and political self-determination of all women; it seeks to build healthy communities through transformative justice and social change.

Address: 4926 Franklin Avenue, Des Moines, IA 50310

Phone: 515-255-5430

Hotline: 1-844-269-6203

Website: www.nisaa-afs.org

Services: 24/7 Hotline; safety plans; individual and group counseling; liaising with the law enforcement; employers and educational institutions; criminal justice and legal advocacy; court

accompaniment; immigration assistance; medical care support and advocacy; housing, education, employment, and government benefit applications and assistance; finding childcare; assistance with victim's compensation, registration and notification

Polk County Crisis and Advocacy Center (PCCAS)

PCCAS provides free, voluntary, confidential services to victims of crime in Polk County regardless of race, gender, age, ethnicity, sexual orientation, physical or mental disabilities. We provide crisis intervention and ongoing supportive services to victims regardless of law enforcement involvement or length of time since the assault or abuse

Address: 2309 Euclid Avenue, Des Moines, IA 50310

Phone: (515) 286-3600

Hotline: 515-286-3535

Website: www.polkcountyiowa.gov/community-family-youth-services/community-and-family/crisis-advocacy-services/

Services: 24/7 Hotline, connection to crime victim compensation programs, support groups, counseling sessions, community service referral

Rape Victim Advocacy Program (RVAP)

RVAP is a sexual assault victim advocate and prevention education agency that provides free, confidential and trauma-informed services to anyone directly or indirectly impacted by sexual violence in Cedar, Des Moines, Henry, Iowa, Johnson, Lee, Washington, and Van Buren counties.

Phone: 319-335-6001

Hotline: 319-335-6000 or 800-228-1625

Website: <https://rvap.uiowa.edu/help>

Services: 24/7 Hotline; counseling therapy; support groups; emergency financial assistance; housing advocacy; community referrals; education and advocacy training

Safe at Home

Confidentiality program that provides participants with a substitute address for survivors of domestic violence, sexual assault, trafficking, stalking, and assault.

Address: P.O. Box 959, Des Moines, IA 50304

Phone: 515-725-7233

Email: safeathome@iowa.gov

Website: www.safeathome.iowa.gov

Services: substitute address; mail forwarding service; confidential voter registration and absentee voting

National Resources

Child Help National Child Abuse Hotline

The Childhelp National Child Abuse Hotline is dedicated to the prevention of child abuse. The hotline is staffed 24 hours a day, 7 days a week with professional crisis counselors who—through interpreters—provide assistance in over 170 languages. The hotline offers crisis intervention, information, and referrals to thousands of emergencies, social services, and support resources. All calls are confidential.

Phone: Call/Text 1-800-422-4453

Website: www.childhelp.org

Services: 24/7 Hotline (phone, text, live chat), online resources

Crisis Text Line

Crisis Text Line will help with any crisis. A live, trained crisis counselor receives the text and responds.

Text: 'HOME' to 741741

Website: www.crisistextline.org

Services: 24/7 Text line (text, WhatsApp)

National Center for Exploitation and Missing Children

The National Center for Exploitation and Missing Children provide information and resources for people wishing to report exploited or missing children, including their 24-Hour Hotline, CyberTipline reporting system, and resources to search missing posters or Amber Alerts.

Hotline: 1-800-843-5678

Website: www.missingkids.org

Services: 24/7 Hotline

National Coalition against Domestic Violence

The National Coalition Against Domestic Violence's mission is to lead, mobilize and raise our voices to support efforts that demand a change of conditions that lead to domestic violence such as patriarchy, privilege, racism, sexism, and classism.

Hotline: 1-800-799-7233

Website: www.ncadv.org

Services: 24/7 Hotline (phone, live chat)

National Domestic Violence Hotline

The National Domestic Violence Hotline provides essential tools and support to help survivors of domestic violence so they can live their lives free of abuse. Contacts to The Hotline can expect highly-trained, expert advocates to offer free, confidential, and compassionate support, crisis intervention information, education, and referral services in over 200 languages.

Call: 1-800-799-7233

TTY: 1-800-787-3224

Text "START" to 88788

Website: www.thehotline.org

Services: 24/7 Hotline (phone, text, live chat)

National Human Trafficking Hotline

The National Human Trafficking Hotline connects you to speak with trained anti-trafficking hotline advocates. Support is provided in more than 200 languages.

Call: 1-888-373-7888

TTY: 711 then 1-888-373-7888

Text: 233733

Website: www.humantraffickinghotline.org

Services: 24/7 Hotline (phone, text, live chat)

National Runaway Safeline (NRS)

NRS will listen whether you are thinking of running away or already have. Services are confidential and nonjudgmental.

Phone: 1-800-786-2929

Website: www.1800runaway.org

Services: 24/7 Hotline (phone, text, live chat)

National Sexual Assault Telephone Hotline by RAINN

RAINN (Rape, Abuse, & Incest National Network), the nation's largest anti-sexual violence organization, operates the National Sexual Assault Hotline that provides free, confidential, 24/7 support services from trained staff members.

Hotline: 1-800-656-4673

Website: <https://hotline.rainn.org/online>

Service: 24/7 Hotline (phone, live chat)

988 Suicide & Crisis Line

The 988 Suicide & Crisis Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week in the United States.

Hotline: 988 or 1-800-273-8255

Website: www.988lifeline.org

Services: 24/7 Hotline

love is respect

love is respect is the national resource to disrupt and prevent unhealthy relationships and intimate partner violence by empowering young people through inclusive and equitable education, support, and resources.

Phone: 1-866-331-9474

TTY: 1-866-331-8453

Text: “LOVEIS” to 22522

Website: www.loveisrespect.org

Services: 24/7 Hotline

StrongHearts Native Hotline

StrongHearts Native Hotline is a 24/7 confidential and anonymous culturally appropriate domestic, dating and sexual violence Hotline for Native Americans.

Website: www.strongheartsHotline.org

Hotline: 1-844-762-8483

Services: 24/7 Hotline (phone, live chat); peer support and advocacy; safety plan; crisis intervention; community service referrals

Trans Lifeline

Trans Lifeline is a nonprofit organization offering direct emotional and financial support to trans people in crisis – for the trans community, by the trans community. Trans Lifeline connects trans people to the community support and resources we need to survive and thrive.

Hotline: 877-565-8860

Website: www.translifeline.org

Services: 24/7 Hotline

Trevor Project

The Trevor Project provides 24/7 crisis support services to LGBTQ young people. Text, chat, or call anytime to reach a trained counselor.

Hotline: CALL (866) 4-U-Trevor (566-488-7386) OR Text START to 678678.

Website: <https://www.thetrevorproject.org/get-help/> (online chat support available too)

Services: 24/7 Hotline

Victim Connect Resource Center (VCRC)

Victim Connect Resource Center (VCRC) is a weekday phone, chat, and text-based referral Hotline operated by the National Center for Victims of Crime. Services are available for all victims of crime in the United States and its territories. Visitors to the hotline receive strength-based and trauma-informed services and referrals in over 200 languages.

Call/Text: 1-855-484-2846

Website: www.victimconnect.org/

Services: Hotline (phone, text, live chat) available weekdays, 9am – 5pm (EST)