



Nonprofits: A Resource for Information, Advocacy and Support

This resource discusses patterns of emotional manipulation that can be painful to revisit. Please take time and pause if needed. Engagement with this information is entirely within your control. Safety and well-being are what matter most.

Looking for support is not easy. The first step is rarely a phone call, a search or a conversation. It begins quietly with recognition. As realization shifts from something feels off to this is off, confusion slowly opens the door of awareness. The courage to consider reaching out for help is movement; emotional movement, not yet physical action. One tiny internal step has been taken. The next question is who's out there?

Nonprofits exist for a few reasons: the founder has experienced something and the result is a desire to educate and help, or a loved one has experienced something and is not strong enough to step forward. The tie that binds them all together is the desire to help.

Help comes in the form of educational resources, advocacy, referrals and support. The assistance available is vast. When seeking answers, guidance, or simply a place to begin, nonprofits will connect people with services and support. When searching for a nonprofit, please know that search results will vary by geographic location.

Examples of search terms and phrases, (using "near me" provides a strong anchor to the search):

- Nonprofits That Help Emotional Abuse Situations
- Emotional Abuse Resources
- Family Resource Organizations
- Relationship Support Resources
- Nonprofit Support Services Near Me
- Advocacy Organizations Near Me

A few places to start:

- <https://www.womenslaw.org/find-help>
- The Hotline +1 (800) 799-7233 (SAFE)
- <https://www.thehotline.org/resources/what-is-emotional-abuse/>

There is no perfect search phrase. Different words and combinations of words will lead to different results. When one search doesn't provide the information needed, feel right or resonate, try again until something hits home. Resources will present themselves.