

Resources for Adult Survivors

In addition to these resources, I have found <https://www.psychologytoday.com/us> to be one of the best resources for finding a therapist.

- [Healing the-anger-and-self-hatred-of-not-fighting-back](#)
- [HAVOCA – Help for Adult Victims Of Child Abuse](#)
- [Help for Survivors of Abuse](#)
- [CPTSD DID FACTS](#)
- [Adult Survivors of Child Abuse \(ASCASM\) Support Groups](#)
- [Survivor Resource Center](#)
- [Violence Against Women](#)
- [Domestic Abuse Help](#)
- [Adult Children of Alcoholics](#)