Help is available.

**MiddSafe Confidential Advocates**
24/7 when classes are in session
hotline: 802-377-0239
go/onlineadvocate/

**RAINN National Sexual Assault Hotline**
24/7 hotline: 800-656-4673
Chat online: http://online.rainn.org
Resources: http://rainn.org/resources

This Power and Control Wheel was made by UW-Madison students based on their experiences.