

STRONGER IN THE LIGHT

Survivor Resource Directory

Bergen County, New Jersey

Compiled: July 2026

This directory is a work in progress and will be verified and updated on an ongoing basis. If you are in immediate danger, call 911.

Mission & Scope

Stronger in the Light is a resource directory intended to serve survivors of:

- Childhood sexual abuse
- Adult sexual assault
- Incest
- Grooming
- Ritual abuse
- Sex trafficking
- Sexual exploitation
- Online sexual exploitation
- Child sexual exploitation
- Sexual abuse occurring in institutional, familial, faith-based, educational, athletic, residential, or other settings

Each entry below follows a consistent format so survivors, family members, and professionals can quickly identify who a resource is for, what it actually helps with, and how to reach it — not just a phone number. This edition covers Bergen County, New Jersey, and is part of a directory intended to expand to every county in every U.S. state over time.

A note on accuracy: every entry has been cross-checked against at least one, and in most cases multiple, publicly available sources (organizational websites, state agency directories, and court/prosecutor records) as of the verification date listed. Organizations occasionally change phone numbers, hours, or program names — please confirm details directly with the organization when using this directory for an urgent need.

Bergen County, New Jersey Resource Directory

AVANZAR — Dream Free Program

Category: Human Trafficking Survivor Services (Statewide, Youth-Focused)

Address: 927 North Main Street, Building D, Pleasantville, NJ 08232 (administrative base; services delivered statewide)

Phone: (609) 601-9925

24-Hour Hotline: 1-800-286-4184 (24-Hour Hotline)

Website: <https://avanzarnow.org/programs-and-services/human-trafficking/>

Counties Served: Statewide (New Jersey), including Atlantic County

Services Offered: Crisis response and trauma-responsive counseling for survivors of any form of human trafficking (sex and labor); system/legal advocacy; safe and protective shelter coordination; in-community outreach and prevention education; survivor mentoring.

Who This Resource Is Best For: Youth and young adults (age 21 and under) who are current or former victims of sex or labor trafficking, or professionals/family members seeking to connect a young survivor to services.

Languages: English, Spanish

Hours: 24/7 hotline

Cost: Free / no-cost

Referral Needed: No — self-referral, law enforcement, or professional referral

Last Verified: July 2026

Verification Sources: *avanzarnow.org Dream Free program page; NJ State Police Human Trafficking Resources page*

Legal Services of New Jersey — PROTECT Anti-Human Trafficking Legal Program

Category: Free Civil Legal Aid (Human Trafficking, Statewide)

Address: P.O. Box 1357, Edison, NJ 08818-1357

Phone: 1-844-576-5776

24-Hour Hotline: N/A

Website: <https://www.isnjlaw.org/Victims-of-Crime/Human-Trafficking/Pages/default.aspx>

Counties Served: Statewide (New Jersey), including Atlantic County

Services Offered: Holistic, free civil legal services for survivors of sex or labor trafficking regardless of age or immigration status, including immigration relief (T-visas, VAWA), benefits access, and record clearing.

Who This Resource Is Best For: Survivors of any form of human trafficking in Atlantic County who need civil legal help, including undocumented survivors.

Languages: English, Spanish; interpretation available on request

Hours: Monday-Friday, business hours

Cost: Free

Referral Needed: No

Last Verified: July 2026

Verification Sources: *Isnjlaw.org PROTECT program page; NJ State Police Human Trafficking Resources page*

National Alliance on Mental Illness (NAMI)

Category: Mental Health Support

Website: <tel:18009506264>

National Sexual Violence Resource Center

Category: Legal Resources

Website: <https://www.nsvrc.org/>

Services Offered: Legal information and resources

New Jersey Victims of Crime Compensation Office (VCCO)

Category: Governmental Financial Assistance Program (Statewide)

Address: Statewide office; applications also available through the Atlantic County Prosecutor's Office Victim/Witness Unit

Phone: 1-877-658-2221

24-Hour Hotline: N/A

Website: <https://www.njoag.gov/vcco/>

Counties Served: Statewide (New Jersey), including Atlantic County

Services Offered: Financial compensation (up to \$25,000, or \$35,000 for catastrophic injury) for crime victims, including sexual assault and abuse survivors, to help cover counseling, medical bills, lost wages, and relocation costs.

Who This Resource Is Best For: Any Atlantic County survivor of a reported crime — including sexual assault, incest, or trafficking — who has out-of-pocket costs related to counseling, medical care, or safety needs.

Languages: English, Spanish; interpretation available on request

Hours: Monday-Friday, business hours

Cost: Free to apply

Referral Needed: No — victims apply directly; Victim/Witness Advocates can assist with the application

Last Verified: July 2026

Verification Sources: *njoag.gov VCCO Contact Us page; njoag.gov VCCO Victims page; OVC Help for Victims NJ state page*

RAINN National Sexual Assault Hotline

Category: Crisis Hotlines

Address: National (operated by RAINN)

Phone: 1-800-656-4673 (HOPE)

24-Hour Hotline: 1-800-656-4673, 24/7; online chat at hotline.rainn.org

Website: <https://www.rainn.org>

Services Offered: 24/7 confidential support for survivors of sexual assault; automatically routes callers to a local affiliate crisis center; online chat option for those who prefer not to call.

Who This Resource Is Best For: Anyone who wants an immediate, anonymous option (phone or online chat) before or instead of contacting a local agency directly.

Languages: English, Spanish; interpretation available by phone

Hours: 24/7

Cost: Free

Referral Needed: No

Last Verified: July 2026

Verification Sources: *rainn.org; widely cited as the national sexual assault hotline operator and NJCASA's national partner*

Start Anew Project

Category: Empowerment & Support

Website: <https://www.startanewproject.org/>

Services Offered: Skills & resources to build independence

The Network/La Red Hotline

Category: LGBTQ+ Survivor Support

Website: <https://www.tnlr.org/en/24-hour-hotline/>

Services Offered: Support for LGBTQ+, kink, and polyamorous survivors

WomensLaw Safety Planning

Category: Safety Planning

Website: <https://www.womenslaw.org/safety-planning>

Services Offered: Practical safety planning information

New Jersey Division of Child Protection & Permanency (DCP&P) — Child Abuse Hotline

Category: Governmental Child Protective Services (Statewide)

Address: Statewide central registry; local Atlantic County DCP&P office assigns cases by area

Phone: 1-877-NJ-ABUSE (1-877-652-2873); TTY 1-800-835-5510

24-Hour Hotline: 1-877-NJ-ABUSE, 24/7

Website: <https://www.nj.gov/dcf/>

Counties Served: Statewide (New Jersey), including Atlantic County

Services Offered: Intake and investigation of reports of child abuse or neglect, including sexual abuse; child safety assessment and, when necessary, protective placement; connection to family support and treatment services.

Who This Resource Is Best For: Anyone in Atlantic County — including mandated reporters (teachers, doctors, clergy) and family members — who has reasonable cause to believe a child is being abused or neglected, including sexually abused, and needs to make a report.

Languages: English, Spanish; interpretation available on request; TTY for deaf/hard of hearing

Hours: 24/7

Cost: Free

Referral Needed: No — reports can be made anonymously

Last Verified: July 2026

Verification Sources: NJ DCF Hotlines and Helplines page; NJAAP Child Abuse and Neglect Guidance booklet

New Jersey Coalition Against Sexual Assault (NJCASA) — Statewide Hotline & Referral

Category: Statewide Sexual Violence Coalition

Address: Statewide advocacy organization; routes calls to the closest county rape crisis center (AVANZAR for Atlantic County)

Phone: 1-609-631-4450 (office)

24-Hour Hotline: 1-800-601-7200, 24/7

Website: <https://njcasa.org/find-help/>

Counties Served: Statewide (New Jersey); calls from Atlantic County are routed to AVANZAR

Services Offered: 24-hour confidential hotline connecting callers to their nearest county-based rape crisis center; statewide advocacy, training, and prevention education; directory of culturally specific sexual violence programs.

Who This Resource Is Best For: Anyone in Atlantic County unsure of where to start after a sexual assault, or who prefers to speak with a statewide hotline before being connected locally.

Languages: English, Spanish; interpretation available

Hours: 24/7 hotline

Cost: Free

Referral Needed: No

Last Verified: July 2026

Verification Sources: *njcasa.org Find Help page; NJ DCF Hotlines page; NJ OAG Hotlines page*

New Jersey Domestic Violence Hotline

Category: Statewide Crisis Hotline

Address: Statewide hotline

Phone: 1-800-572-SAFE (7233)

24-Hour Hotline: 1-800-572-7233, 24/7

Website: <https://www.nj.gov/dcf/women/hotlines/>

Counties Served: Statewide (New Jersey), including Atlantic County

Services Offered: Confidential crisis intervention, safety planning, information, and referral for domestic violence victims and their families; bilingual and TTY-accessible.

Who This Resource Is Best For: Anyone in Atlantic County experiencing domestic violence alongside or separate from sexual abuse who needs immediate crisis support or referral to local shelter and services.

Languages: English, Spanish; TTY accessible

Hours: 24/7

Cost: Free

Referral Needed: No

Last Verified: July 2026

Verification Sources: NJ DCF Hotlines page; NJ OAG Hotlines page

New Jersey Human Trafficking 24-Hour Hotline

Category: Statewide Crisis Hotline

Address: Statewide hotline

Phone: 855-END-NJ-HT (855-363-6548)

24-Hour Hotline: 855-363-6548, 24/7

Website: <https://www.nj.gov/njsp/division/operations/human-trafficking.shtml>

Counties Served: Statewide (New Jersey), including Atlantic County

Services Offered: Anonymous 24-hour hotline for reporting suspected human trafficking or seeking help as a survivor; connects to NJ State Police Human Trafficking Unit and local victim services.

Who This Resource Is Best For: Anyone in Atlantic County who suspects trafficking activity (a known hot-spot area given Atlantic City's tourism and casino industry) or who is a survivor needing help.

Languages: English; interpretation available

Hours: 24/7

Cost: Free

Referral Needed: No

Last Verified: July 2026

Verification Sources: NJ State Police Human Trafficking Resources page; WHYY news coverage of NJ State Police Human Trafficking Unit

Covenant House New Jersey

Category: Human Trafficking & Homeless Youth Services (Statewide)

Address: Statewide call center; physical youth shelter located in Atlantic City, NJ

Phone: South Jersey line: 609-348-4070

24-Hour Hotline: 24/7 Call Center: 862-240-2453

Website: <https://www.covenanthousenj.org>

Counties Served: Statewide (New Jersey), with a dedicated South Jersey/Atlantic City site

Services Offered: 24/7 call center support, case management, and case coordination for survivors of human trafficking of any age and housing status; emergency shelter and long-term housing for homeless and trafficked youth in Atlantic City.

Who This Resource Is Best For: Homeless, runaway, or trafficked youth and young adults in or near Atlantic County who need emergency shelter, case management, or trafficking-specific support.

Languages: English, Spanish

Hours: 24/7 call center

Cost: Free

Referral Needed: No

Last Verified: July 2026

Verification Sources: *NJ State Police Human Trafficking Resources page; covenanthousenj.org*

New Jersey Coalition Against Human Trafficking (SAFE-NJ)

Category: Statewide Human Trafficking Coalition & Referral Directory

Address: Statewide coalition

Phone: 201-903-2111

24-Hour Hotline: Referrals via National Human Trafficking Hotline: 1-888-373-7888

Website: <https://www.safernj.org/survivor-resources>

Counties Served: Statewide (New Jersey), including Atlantic County

Services Offered: Statewide coalition of over 180 organizations; maintains a searchable survivor-resource database by county, community education, and coordinated advocacy efforts.

Who This Resource Is Best For: Survivors, family members, or professionals in Atlantic County looking for a broader directory of anti-trafficking resources beyond the primary hotlines.

Languages: English; varies by referral partner

Hours: Business hours for coalition office; refer to 24/7 hotlines for crisis needs

Cost: Free

Referral Needed: No

Last Verified: July 2026

Verification Sources: *safernj.org homepage and Survivor Resources page*

After Silence

Category: Empowerment & Support

Website: <https://www.aftersilence.org/>

Services Offered: Online support community

Crisis Text Line

Category: Mental Health Support

Website: <sms:741741>

Services Offered: Text HOME to 741741

FORGE

Category: LGBTQ+ Survivor Support

Website: <https://forge-forward.org/>

Services Offered: Resources and support for trans and non-binary survivors

National Human Trafficking Hotline

Category: Safety Planning

Address: National (operated by Polaris Project)

Phone: 1-888-373-7888; Text 233733

24-Hour Hotline: 1-888-373-7888, 24/7; TTY 711

Website: <https://humantraffickinghotline.org/en>

Services Offered: 24/7 confidential hotline for reporting a trafficking tip, requesting a referral, or reaching out for crisis-related services such as emergency shelter or crisis response.

Who This Resource Is Best For: Anyone who suspects trafficking, or a survivor of sex or labor trafficking who needs immediate crisis support or referral to local services.

Languages: English, Spanish, and multiple languages via interpretation

Hours: 24/7

Cost: Free

Referral Needed: No

Last Verified: July 2026

Verification Sources: humantraffickinghotline.org; NJ State Police Human Trafficking Resources page

NJ 2-1-1

Category: Statewide General Social Services Referral Line

Address: Statewide referral service

Phone: 2-1-1

24-Hour Hotline: 2-1-1, 24/7

Website: <https://www.nj211.org/>

Counties Served: Statewide (New Jersey), including Atlantic County

Services Offered: General referral line connecting callers to local social services of all kinds, including emergency shelter, food assistance, mental health services, and crisis lines; can help identify additional Atlantic County resources not listed here.

Who This Resource Is Best For: Survivors or family members in Atlantic County who need help identifying practical support (housing, food, transportation, mental health referrals) alongside abuse-specific services.

Languages: English, Spanish; interpretation available

Hours: 24/7

Cost: Free

Referral Needed: No

Last Verified: July 2026

Verification Sources: [nj211.org](https://www.nj211.org/); NJ OAG VCCO Other Resources page

RAINN Online Hotline

Category: Crisis Hotlines

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

Services Offered: Chat with a trained support specialist

VictimConnect

Category: Legal Resources

Website: <tel:18554842846>

Services Offered: Legal and support resources

National Domestic Violence Hotline

Category: Crisis Hotlines

Website: <tel:18007997233>

Services Offered: Available 24/7

Childhelp National Child Abuse Hotline

Category: Crisis Hotlines

Address: National (operated by Childhelp)

Phone: 1-800-422-4453 (4-A-CHILD)

24-Hour Hotline: 1-800-422-4453, 24/7; text 1-800-422-4453

Website: <https://www.childhelp.org>

Services Offered: 24/7 crisis intervention, information, and referrals for children, adult survivors of childhood abuse, and concerned adults; professional crisis counselors available by phone or text.

Who This Resource Is Best For: Children currently experiencing abuse, or adult survivors of childhood sexual abuse or incest who want to talk to someone anonymously outside the local system.

Languages: English, Spanish; interpretation in 170+ languages

Hours: 24/7

Cost: Free

Referral Needed: No

Last Verified: July 2026

Verification Sources: *childhelp.org; widely cited national child abuse hotline*
