

# YOU ARE NOT YOU ARE NOT ALONE



US Equestrian wants you to know: if you are a victim or survivor of sexual abuse or suspect abuse of any kind, there are resources and people to help.

## REPORT

720-531-0340 or [uscenterforsafesport.org/report-a-concern](https://uscenterforsafesport.org/report-a-concern)

## 24/7 HELPLINE

800-656-4673 or visit [rainn.org](https://rainn.org)

## TRAINING & RESOURCES

Free to US Equestrian members at [usef.org/safesport](https://usef.org/safesport).

#youarenotalone

