



**The Path To Freedom Project**  
"Your Path, Your Freedom, Your Future."

# Resource Manual

***Your Path, Your  
Freedom, Your  
Future***

[www.theptfproject.org](http://www.theptfproject.org)



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## 1.

# Introduction

*The Path to Freedom Resource Manual was created to provide survivors of human trafficking with comprehensive access to life-changing resources. This guide includes immediate crisis support, housing assistance, legal aid, medical care, employment training, and survivor support programs.*

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2.

## Emergency Hotlines & Immediate Assistance

If you or someone you know is in danger, reach out to these 24/7 confidential hotlines for immediate assistance:

- *National Human Trafficking Hotline -  
1-888-373-7888 | Text: 233733  
| [www.humantraffickinghotline.org](http://www.humantraffickinghotline.org)*
- *National Domestic Violence Hotline –  
1-800-799-7233 | [www.thehotline.org](http://www.thehotline.org)*
- *Polaris Project (Anti-Trafficking Support) –  
[www.polarisproject.org](http://www.polarisproject.org)*
- *Crisis Text Line – Text HELLO to 741741 for crisis support*



3.

## Safe Housing & Shelters

Access to safe, stable housing is critical for survivors. The following organizations provide emergency shelter, transitional housing, and long-term housing support:

- *The Salvation Army - Anti-Trafficking Services –  
Emergency shelter & rehabilitation programs  
([www.salvationarmyusa.org](http://www.salvationarmyusa.org))*
- *CAST (Coalition to Abolish Slavery & Trafficking) –  
Shelter & long-term recovery support ([www.castla.org](http://www.castla.org))*
- *Covenant House –  
Safe housing & support for youth survivors  
([www.covenanthouse.org](http://www.covenanthouse.org))*



**4.**

## **Legal Aid & Advocacy**

Survivors may need legal assistance to address criminal record expungement, immigration status, or restraining orders. These organizations offer free legal support:

- *Trafficking Law Center (TLC) –  
Free legal representation for survivors  
([www.traffickinglawcenter.org](http://www.traffickinglawcenter.org))*
- *American Bar Association Human Trafficking Task Force –  
Legal advocacy & victim rights  
([www.americanbar.org](http://www.americanbar.org))*
- *National Immigrant Justice Center –  
Immigration assistance for trafficking victims  
([www.immigrantjustice.org](http://www.immigrantjustice.org))*





**5.**

## **Medical & Mental Health Support**

**Comprehensive physical and mental health care is essential for healing. These organizations provide free or low-cost healthcare and counseling services:**

- *RAINN (Rape, Abuse & Incest National Network) – Trauma support & crisis counseling ([www.rainn.org](http://www.rainn.org))*
- *Health Care for the Homeless – Free medical services for survivors ([www.nhchc.org](http://www.nhchc.org))*
- *SAMHSA (Substance Abuse and Mental Health Services Administration) – Free therapy & addiction treatment ([www.samhsa.gov](http://www.samhsa.gov))*



6.

## Employment & Vocational Training

Finding stable employment is crucial for independence. These programs offer job training and career placement:

- *Thistle Farms –  
Employment & business training for survivors  
([www.thistlefarms.org](http://www.thistlefarms.org))*
- *Dress for Success –  
Professional training & job placement  
([www.dressforsuccess.org](http://www.dressforsuccess.org))*
- *Coalition to Abolish Slavery & Trafficking (CAST) –  
Job readiness programs ([www.castla.org](http://www.castla.org))*





7.

## Financial Assistance & Support Services

Survivors may qualify for financial aid, housing vouchers, and public benefits.

- *National Survivor Network (NSN) –  
Emergency financial support  
([www.nationalsurvivornetwork.org](http://www.nationalsurvivornetwork.org))*
- *Temporary Assistance for Needy Families (TANF) –  
Monthly financial support  
([www.acf.hhs.gov/ofa/programs/tanf](http://www.acf.hhs.gov/ofa/programs/tanf))*



8.

## Survivor Support Groups & Counseling

Healing is a lifelong journey, and survivor-led organizations offer peer support, mentorship, and counseling:

- *GEMS (Girls Educational & Mentoring Services) – Survivor-led empowerment programs*  
([www.gems-girls.org](http://www.gems-girls.org))
- *Rebecca Bender Initiative – Survivor mentorship & leadership training*  
([www.rebeccabender.org](http://www.rebeccabender.org))
- *Survivor Alliance – Community support & advocacy*  
([www.survivoralliance.org](http://www.survivoralliance.org))



9.

## State & Local Resources (Arizona-Specific)

For survivors in Arizona, these organizations offer local housing, legal aid, and support services:

- *Arizona Coalition to End Sexual & Domestic Violence – Legal & crisis support ([www.acesdv.org](http://www.acesdv.org))*
- *Phoenix Dream Center – Safe housing & recovery programs ([www.phxdreamcenter.org](http://www.phxdreamcenter.org))*
- *Catholic Charities of Arizona – Trafficking victim services ([www.catholiccharitiesaz.org](http://www.catholiccharitiesaz.org))*



**10.**

# Know Your Rights & Legal Protections

Survivors have rights under U.S. federal law, including:

- *Trafficking Victims Protection Act (TVPA) –  
Legal protections for victims*
- *T Visa & U Visa –  
Immigration relief for trafficking survivors*
- *Fair Housing Act –  
Housing rights for victims of violence*



**11.**

# How to Get Involved & Support the Cause

The fight against human trafficking requires community action. Here's how you can help:

- *Volunteer with anti-trafficking organizations*
- *Donate to survivor-led programs*
- *Advocate for stronger trafficking laws*

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# ***Thank You!***



## **Our Contact:**



**1-833-396-HELP**  
**1-833-396-4357**



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