

# YOU ARE NOT YOU ALONE



US Equestrian wants you to know:  
If you are a victim of sexual abuse or suspect someone else is, there are resources and people to help.

## REPORT

720-524-5640 or [safesport.org/report-a-concern](https://safesport.org/report-a-concern)

## 24/7 HELPLINE

866-200-0796 or visit [safesporthehelpline.org](https://safesporthehelpline.org)

## TRAINING

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

#youarenotalone

