



# F.A.C.T. – Families Against Cult Teachings, Inc.

Our Mission: Rescuing Victims | Reuniting Families | Education & Awareness

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## Resource File

If you're receiving this resource file you've recently contacted FACT, either for personal support from abuse you've received at the hands of a cult, cult like relationship, or your seeking help to get a friend or loved one out of an abusive situation or to report the dangerous activities of a cult / high control group –which may be negatively impacting you; or someone you know, care about and love.

Either way, we truly understand how emotionally difficult and insanely complex these situations can be. Just know (although it may not seem like it now) you're not alone. With the right tools, knowledge, and steady persistence something can be done to provide relief.

We're here to provide the aid needed to help you navigate through this stormy time, by sharing the knowledge and experience we've gathered for more than half a decade.

While the many unique scenarios stemming from the countless complaints and reports received on abusive groups are rather daunting, we've fortunately found them to have basic common denominators.

Abusive entities ranging from churches/cults/pastors, gurus/shamans/new-age-spiritual leaders, teachers/educators/counselors, parental alienation cases, rehab centers/halfway house programs; to entire communities with local officials playing a part in the corruption and manipulation—all have common practices and motivations at their core.



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And it's their commonalities (when recognized and understood) that pave the way to solutions and prevention.

With the increasing amount of cultish activities and corruption being exposed it's easy to become hyper-suspicious of any group flying the banner of hope, help and change. So, while it's crucial to be alert and cautious, it's likewise vitally important to be able to differentiate good from evil.

It's also important to remember that it's not illegal to join a church, group; or to seek out answers with gurus, spiritual leaders and the like. In this country we have the constitutional right to join any group we wish, regardless if parents, friends or family members disagree. People typically join a group, church, etc., because they're looking for answers, or seeking something the group offers.

While there can be a lot of positive things to be gained by being part of groups, churches and communities, history has taught us, they can be (or become) dangerous and abusive.

Even some of the most well-intended leaders can be corrupted by greed and the desire for power. Narcissistic predators often thrive—calculatingly rising to positions of power—in situations where people are vulnerable and looking for answers. So, it's of extreme importance to be able to shield oneself from exploitation and manipulation, and to have the resources for a course of action, if you feel justice needs to be served in some way.

Whatever your situation, whether you've been victimized, suspect or have knowledge of others whose rights are being violated; if there is abuse



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occurring, or if people are being manipulated, financially exploited, bullied, etc.—there are a number of things you can do.

Over the years, we have compiled the following resources and tools to provide assistance and support for cult victims, their friends and families.

We hope it will help you better understand and process the intricate details surrounding these topics and help guide you to potential options and solutions for your specific situation.

We'll be adding and updating to this file, as we discover additional resources and potential solutions.

If you're aware of resources that you feel should be on this list, please feel free to email us with the information. We always welcome your input, suggestions and feedback. The continual documenting and compilation of the stories, failures and successes from those who have traveled this road will help eradicate dangerous cult activity.

If you are in immediate danger, in an emergency situation, fear for your life or the well-being of another please call 911 or any of the following authorities as they apply. Immediately!

National Suicide Hotline: [1-800-273-8255](https://suicidepreventionlifeline.org/)  
<https://suicidepreventionlifeline.org/>

Human Trafficking Hotline

<https://humantraffickinghotline.org/>



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Labor traffickers -including recruiters, contractors, employers, and others- such as religious organizations use violence, threats, lies, debt bondage, or other forms of coercion to force people to work against their will in many different industries.

Labor traffickers often make false promises of a high-paying job or exciting education or travel opportunities to lure people into horrendous working conditions. Yet, victims find that the reality of their jobs proves to be far different than promised and must frequently work long hours for little to no pay. Their employers exert such physical or psychological control - including physical abuse, debt bondage, confiscation of passports or money - that the victim believes they have no other choice but to continue working for that employer.

We've talked to and seen interviews of many former Scientologists who were part of the "elite" Sea Organization, the "Clergy" who sign Billion year contracts with the Church of Scientology. We were astounded to find out that during their time as Sea Org members, a great many of them did not have access to their Passports, were regularly deprived of adequate sleep, food and nutrition, in many cases were shipped off to other parts of the country or world on work "projects" and were away from their family or any sort of support system aside from the church itself. Their phone calls were monitored, their mail was opened and read before they received it and they were usually in pairs of two. Their living conditions usually consisted of living in a dorm style set up with 6-8 other members. Vacation time off was almost unheard of and there was no time for leisure, hobbies or personal interests as they were consistently



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required to work 7 days a week, 70-80 hours a week and be in "class" if there was time available off duty.

Some **Key Trafficking Red Flags to be aware of are:**

**Common Work and Living Conditions:** The

individual(s) in question

Is not free to leave or come and go as he/she wishes

Is under 18 and is providing commercial sex acts

Is in the commercial sex industry and has a pimp / manager

Is unpaid, paid very little, or paid only through tips

Works excessively long and/or unusual hours

Is not allowed breaks or suffers under unusual restrictions at work

Owes a large debt and is unable to pay it off

Was recruited through false promises concerning the nature and conditions of his/her work

High security measures exist in the work and/or living locations (e.g. opaque windows, boarded up windows, bars on windows, barbed wire, security cameras, etc.)

**Poor Mental Health or Abnormal Behavior**

Is fearful, anxious, depressed, submissive, tense, or nervous/paranoid

Exhibits unusually fearful or anxious behavior after bringing up law enforcement

Avoids eye contact

Poor Physical Health

Lacks health care

Appears malnourished

Shows signs of physical and/or sexual abuse, physical restraint, confinement, or torture

**Lack of Control**



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Has few or no personal possessions  
Is not in control of his/her own money, no financial records, or bank account  
Is not in control of his/her own identification documents (ID or passport)  
Is not allowed or able to speak for themselves (a third party may insist on being present and/or translating)

## Other

Claims of just visiting and inability to clarify where he/she is staying/address  
Lack of knowledge of whereabouts and/or do not know what city he/she is in  
Loss of sense of time  
Has numerous inconsistencies in his/her story

This list is not exhaustive and represents only a selection of possible indicators. Also, the red flags in this list may not be present in all trafficking cases and are not cumulative. To request help or report suspected human trafficking, call the National Human Trafficking Hotline at [1-888-373-7888](tel:1-888-373-7888). Or text HELP to: BeFree (233733). Learn more at [www.humantraffickinghotline.org](http://www.humantraffickinghotline.org).

## HUMAN TRAFFICKING IS :

- Modern Day Slavery.
- Exploiting A Person Through Force, Fraud, Or Coercion.
- Sex Trafficking, Forced Labor, And Domestic Servitude.
- Happening Everywhere, Even In The United States, And Victims Can Be U.S. Citizens Or Of Any Nationality, Age, Socioeconomic Status Or Gender.
- Any Person Under The Age 18 Involved In A Commercial Sex Act.



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National Domestic Violence Hotline: [1-800-799-7233](tel:1-800-799-7233)  
<http://www.thehotline.org/>

Domestic violence does not discriminate. Anyone of any race, age, sexual orientation, religion or gender can be a victim or perpetrator of domestic violence. It can happen to people who are married, living together or who are dating. It affects people of all socioeconomic backgrounds and education levels.

Domestic violence includes behaviors that physically harm, arouse fear, prevent a partner from doing what they wish or force them to behave in ways they do not want. It includes the use of physical and sexual violence, threats and intimidation, emotional abuse and economic deprivation. Many of these different forms of domestic violence/abuse can even be occurring at any one time within the same intimate relationship.



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**ABUSIVE BEHAVIORS**

Gets Jealous Of Time Spent With Others

Harasses You About Imagined Affairs

Manipulates With Lies

Threatens To Commit Suicide

Throw Things

Locks You Out Of Your Home

Punches, Hits, Kicks, Shoves, Bites, Strangles

Humiliates You In Private Or Public

Calls You Names, Insults, Criticizes, Curses

Becomes Jealous Of Time Spent With Others

Families Against Cult Teachings  
**GET THE FACTS!**  
Please Share

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

 [www.facebook.com/FACT501c3/](http://www.facebook.com/FACT501c3/)

Crisis Call Center  
775-784-8090



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Crisis Call Centers 24 hour Hotline often serves as the first point of contact for individuals seeking help, support and information.

National Youth Crisis Hotline  
800-442-Hope (4673)

Stop Bullying  
[Www.StopBullying.gov](http://Www.StopBullying.gov)

We feel it's vital, as one of the first steps, to Educate Yourself About the Group that you're concerned about - Both potential good and evil.



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When you initially discover you or a loved one is involved in a dangerous cult or abusive relations your immediate, basic instinct may be to take drastic action—without considering the ramifications. While life-threatening situations truly warrant hasty intervention (best left to the authorities), in many cases, a calm educated



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approach will yield the best results. We understand that while the process of education may take more time and patience than you're inclined to give, it's an important step not to skip. Having valuable intel can mean the difference between success and failure in exiting or saving someone



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from a dangerous cult. Some **BASICS** you should be aware of:

## Six Steps to Coercive Persuasion / Mind Control

**01**

Keep person unaware of what's going on and the changes taking place

Control persons time & if possible their physical environment

**02**

**03**

Create sense of powerlessness, covert fear and dependency

Suppress much of the persons old behavior & attitudes

**04**

**05**

Instill new behavior & attitudes using rewards & punishments

Put forth a closed system of logic, allow no real input or criticism

**06**

The result of this Process = Dependant, Passive & Obedient Members

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



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A former Scientologist who did extensive research on cults and interviewed many former cult members of several different religious groups sent us this infographic they designed.. Although, everyone may not agree on the points, we thought it was a useful and thought provoking graphic to share.

	Church of Christ	Fund. Latter -Day Saints	Jehovah Witness	Mormons LDS	Scientology	Seventh-Day Adventist
Practice Shunning/ ExCommunication	✓	✓	✓		✓	Subtle
Pressure to Donate Money / Time	✓	✓	✓	✓	✓	✓
Reporting system in place - members reporting on each other		✓	✓	✓	✓	Subtle
Strict Regime for All/Core Members	✓	✓	✓	✓	✓	
Us vs Them Mentality	✓	✓	✓	✓	✓	✓



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What are the **Symptoms of Undue Influence or Cult Involvement?** What do you need to be looking out for?

Is the person displaying personality changes?

Is there sudden dramatic shifts of values or beliefs?

Changes in diet or sleeping patterns?

Refusal or excuses not to attend important family events; weddings, anniversaries, funerals, reunions etc.

Inability to make decisions without consulting a leader or guru. One sign of dependency upon a cult or guru is the loss of personal autonomy.

Sudden use of a new ideology to explain everything.

Black and white thinking, simplistic reasoning. You may find a cult recruit dividing his or her world into "good" and "bad". The shades of Grey in which we all live are usually intolerable to a cult member.

New Vocabulary. Is the person suddenly using complex jargon to obscure irrational or simplistic thinking?

Insistence or invitations to do what they are doing. Recruiting new members is heavy in cult groups. It consolidates the recruits beliefs while it inflates the cults ranks.



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## **What Not to Do:**

In many cases the cult is aware that the member will receive opposition from their family and loved ones. It's their modus operandi to use this opposition to further trap the member. They will often paint the opposition as evil and use it to distant the member from outside influence.

As you're educating yourself and figuring out what to do, here are some suggestions of actions to avoid, which will give your strategy the best chance of working, and prevent you from alienating the person your attempting to help.

Don't say, "You're in a cult. You're brainwashed." Consider how you would react to being told something like that. You'd probably get angry, offended and put on the defense. Try to remain calm regarding your reservations about the group/leader/church, until you know more about it; and can discuss it, or think about it, logically.

Don't say, "You can't think for yourself, reason, or make decisions."  
This will only serve to make the member resent you—and it isn't true. While the group or leader may have temporarily interfered with the member's ability to reason about it, the member CAN STILL THINK. The whole purpose of "exit counseling" or an intervention-type conversation is to get the member to critically think for themselves and start reasoning about the group / leader / person.

Don't argue with the person about beliefs, or criticize the church or its leaders in front of the member or in public. Although cliché, the old



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saying, "keep your friends close and your enemies closer!" warrants repeating here.

Always strive to maintain a friendly, neutral position towards the group and any of its members you come into contact with while you formulate your research, thoughts and plan of action.

Don't be confrontational, aggressive, or antagonistic to the member you're concerned about, or to any of the other cult members. Family members or friends who have ongoing problems with the member should not attempt to resolve those at this time. Family members who cannot be around the member without quarrelling should stay away until the member's cult involvement has been addressed and dealt with. This is not the time for bringing up other issues. Doing so, will likely drive the member deeper into the cult.

Don't give the member large sums of money, or relinquish trusts, bank accounts, titles or property deeds to a member. At this point, you may be the only thing standing between the member and their blowing resources they'll need to get on with their lives once out.

Be their Ally. Listen, Don't Judge:

Make it safe for them to talk, don't accuse, be judgmental, or put them on the defense. What they will likely be experiencing is called Cognitive Dissonance.

By becoming their ally, they will start to confide in you and provide you with the intel needed to help them get out of the cult.



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## **How Do People Get Out of Religious Cults?**

By [www.ExitSupportNetwork.com](http://www.ExitSupportNetwork.com)

Different people leave in different ways. Some just walk out, some get kicked out, some eventually burn out; while others grow out, find out, or get counseled out.

### WALK OUTS

These people simply rebel from the situation and leave.

Unless they shed the mind control, "walk-outs" may lead destructive or fear-filled lives.

Some adopt the attitude that since they couldn't measure up to the system's requirements, there isn't any hope for them anyway, so they might as well "live it up" while they can.

Some develop patterns of living that they wouldn't have chosen otherwise.

### KICKED OUTS

These people are excommunicated [disfellowshipped] or shunned for a variety of reasons.

People who are kicked out of cults are commonly filled with grief and guilt. They are still very loyal to the group's beliefs and its people, even though rejected by the group.



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## BURN OUTS

These people have been so abused spiritually, mentally, physically, emotionally and financially, that they are barely able to function on a normal basis.

Some "burn-outs" exhibit the Post-Traumatic Stress syndrome that is commonly experienced by war survivors. They are usually very confused, perhaps even physically ill, afraid and unable to trust anyone, most of all themselves.

## FIND OUTS

These are people who are given, or stumble onto information which explains the situation enabling them to leave the mind control without fear and guilt.

These people usually take several years to work through the adjustment to normal living and attitudes.

Education (scriptural as well as secular), cultivating new friends and establishing a new environment; and restoring one's God-given personality are most helpful.

The more one learns, the greater the healing.

## **What are the OPTIONS, What Can You Do?**

Educate Yourself about Manipulation, Mind Control, Cults, Predators & how they think and prey on people.

Our website has a wide variety of information under the Education section as does our YouTube Channel and Social Media pages.



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To thoroughly educate yourself about how people can fall prey to mind control / undue influence whether in a group setting or a one on one relationship there are a wide range of books on these topics, some of the ones we recommend are the following:

Combating Cult Mind Control by Steve Hassan

Cults - What Parents Should Know by Joan Carol Ross Ed.M and Michael D. Langone, Ph.D.

Cult Proofing Your Kids by Dr. Paul R. Martin

The Sociopath Nextdoor by Martha Stout

Snakes in Suits: When Psychopaths go to Work by Dr. Paul Babiak and Dr. Robert D. Hare

## **Initiate an Expose' of the Group / Church / Guru:**

Another thing you Can Do is initiate an expose about the group / church / guru. FACT helps individuals investigate and Expose groups, churches, gurus etc.

A campaign specific to your expose will need to be created to raise funds to support all the work necessary to carry out the expose, contact us for more information on that process.

Because we are a non-profit, we can only do so much with the limited resources we currently have. When we are better funded we will be able to hire more personnel and will have the resources to investigate and expose more groups and predators.

You can initiate your own expose though. You can write up your story, put it on a website or in a video, encourage others who've been victimized by



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the same group to do the same and then contact media outlets and tell them your story. Search for your local News and Investigative Journalists and e-mail them your story.

## **Plan an Intervention.**

You can plan an intervention. A simple google search you can find several articles on how to go about this.

In any situation thought provoking questions will always yield a better result than accusatory critical statements that'll result in the person being on the defense and defending the group they are involved in. We all want to think we've made good decisions, and that we're smart.

Prepare a list of thought provoking questions instead of a list of accusations or assumptions. This will get you a lot further in the process and achieve better results.

You want the person to critically think about what your asking versus being on the defensive. If someone feels they need to defend themselves or a group, they tend to have to make themselves "right" and point out all the good things they are experiencing.

Remember, there is a lot of good in many groups, that's why people join and stay involved.

Keep this in mind when approaching the subject with your friend or loved one.



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**This is why people get upset  
when you challenge what they  
hold most closely.**

**cognitive dissonance**

Mental conflict that occurs when beliefs or assumptions are contradicted by new information. The concept was introduced by the psychologist Leon Festinger (1919–89) in the late 1950s. He and later researchers showed that, when confronted with challenging new information, most people seek to preserve their current understanding of the world by rejecting, explaining away, or avoiding the new information or by convincing themselves that no conflict really exists. Cognitive dissonance is nonetheless considered an explanation for attitude change.

**You can Hire a Cult "Expert"** to Help Guide You Through the Steps and Consult You. This can be a bit pricey and not everyone will have the resources to do this, but those who do, have this option and there are experts out there who have the experience and knowledge to give you the best chance possible in your efforts.

Often, the process of trying to get someone out of a cult or high control group can be very exhausting and yield very little results. Dealing with someone's belief system can be very difficult, as



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they became involved with the group for a personal reason, and most likely were and are seeking answers to which the group says they offer.

In an effort to help navigate and guide those who are seeking to potentially get someone out of an abusive group or situation, which there is never any guarantee of this, we offer consulting services at \$50 an hour and will do our best to guide you through this delicate and in many cases all consuming process. Cult experts such as the following offer intervention and consulting services:

Steve Hassan - [www.FreedomofMind.com](http://www.FreedomofMind.com)

Patrick Ryan - [www.Intervention101.com](http://www.Intervention101.com)

Rick Ross - [www.CultEducation.com](http://www.CultEducation.com)

## **File Complaints and Reports!**

Although it appears at first glance that our US Constitution First Amendment only protects churches and does little to protect its citizens from their abuses. However, don't forget freedom of speech. You can and should always report abuses and make them known in the media. Also, cults are not exempt from illegal activity.

So, be sure to report any criminal activity to the appropriate authorities.

You can and should contact your state Representative—express and report your concerns. Our state representatives should be made aware of



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corrupt, manipulative groups, churches and businesses. It's the raising of awareness and public demand that will enable legislation to be passed and bring about effective oversight to prevent further abuses.

Following is the link to the list of representatives by state.

If you are filing a report about a church or non-profit run program your state representatives office should also be able to direct you to the state dept that regulates non-profits where you can also file an anonymous report, or find your state link below.

<https://www.house.gov/representatives>

There may be times when you have a complaint against a nonprofit that can't be resolved directly with the organization. State governments exercise regulatory authority over the nonprofits incorporated within their borders. In some states the office with oversight responsibility—including the authority to investigate complaints—is the office of the state attorney general, while in other jurisdictions it is the secretary of state's office or a separate department of consumer protection. A growing number of the states have created easy-to-use online forms for filing complaints against nonprofits.

Keep in mind that state agencies and their staff cannot provide legal counsel or representation to an individual filing the complaint.

Alabama

Information about the Consumer Affairs Division:

[www.ago.state.al.us/consumer.cfm](http://www.ago.state.al.us/consumer.cfm)



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Tips on resolving and filing a complaint:

[www.ago.state.al.us/consumer\\_complaint.cfm](http://www.ago.state.al.us/consumer_complaint.cfm)

Online complaint form:

[www.ago.state.al.us/consumer\\_form.cfm](http://www.ago.state.al.us/consumer_form.cfm)

Alaska

Brochure regarding Consumer Protection Act:

[www.law.state.ak.us/pdf/consumer/BrochureGeneric\\_TR\\_I.pdf](http://www.law.state.ak.us/pdf/consumer/BrochureGeneric_TR_I.pdf)

Background on filing a complaint:

[www.law.state.ak.us/department/civil/consumer/cp\\_complaint.html](http://www.law.state.ak.us/department/civil/consumer/cp_complaint.html)

Directions on how to handle your own complaint, including a sample complaint letter:

[www.law.state.ak.us/department/civil/consumer/complaint-own.html](http://www.law.state.ak.us/department/civil/consumer/complaint-own.html)

Consumer complaint form:

[www.law.state.ak.us/pdf/consumer/FORM\\_complaint.pdf](http://www.law.state.ak.us/pdf/consumer/FORM_complaint.pdf)

Arizona Procedures for filing a consumer fraud complaint online:

[www.azag.gov/consumer/OnlineInstructionsEng.html](http://www.azag.gov/consumer/OnlineInstructionsEng.html)

Consumer complaint form for on line filing:

[www.azag.gov/consumer/complaintform.html](http://www.azag.gov/consumer/complaintform.html)

Procedures for filing a consumer fraud complaint by mail:

[www.azag.gov/consumer/MailInInstructionsEng.html](http://www.azag.gov/consumer/MailInInstructionsEng.html)

Consumer complaint form for mailing:

[www.azag.gov/consumer/consumercomplaintform.pdf](http://www.azag.gov/consumer/consumercomplaintform.pdf)



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## Arkansas

General instructions on submitting a complaint:  
[www.arkansasag.gov/consumers\\_consumer\\_complaints.html](http://www.arkansasag.gov/consumers_consumer_complaints.html)

Consumer Complaint for mailing:  
[www.arkansasag.gov/pdfs/CONSUMER\\_COMPLAINT\\_revised\\_11022010.pdf](http://www.arkansasag.gov/pdfs/CONSUMER_COMPLAINT_revised_11022010.pdf)

Consumer complaint form for online submissions:  
[www.arkansasag.gov/contact\\_us\\_consumer\\_complaint\\_form.html](http://www.arkansasag.gov/contact_us_consumer_complaint_form.html)

## California

General information regarding handling charity complaints:  
<http://oag.ca.gov/charities>

Complaint to attorney general on a nonprofit organization:  
<http://ag.ca.gov/charities/forms/charitable/ct9.pdf>

## Colorado

General instructions for submitting a complaint, including link for Complaint Form Charities Program:  
[www.sos.state.co.us/pubs/charities/forms/CHAR\\_COMP.pdf](http://www.sos.state.co.us/pubs/charities/forms/CHAR_COMP.pdf)

Safe2Tell Colorado's tip reporting process is simple. Safe2Tell Colorado provides students, parents, and community members a safe way to report information about any issues that concern their safety or the safety of others. Anonymously report anything that concerns or threatens you, your friends, your family or your community.  
<https://www.safe2tell.org/>



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Connecticut

General information from the office of the Attorney General:

[www.ct.gov/ag/cwp/browse.asp?a=2270](http://www.ct.gov/ag/cwp/browse.asp?a=2270)

Information about the work done by Special Litigation and Charities Unit:

[www.ct.gov/ag/cwp/view.asp?A=2270&Q=299484](http://www.ct.gov/ag/cwp/view.asp?A=2270&Q=299484)

Complaint form:

[www.ct.gov/ag/lib/ag/consumers/consumercomplaintform.pdf](http://www.ct.gov/ag/lib/ag/consumers/consumercomplaintform.pdf)

Delaware

Instructions on reporting charity fraud:

<http://attorneygeneral.delaware.gov/consumers/protection/charities.shtml>

Florida

General information about the Division of Consumer Services:

[www.800helpfla.com/soc.html](http://www.800helpfla.com/soc.html)

Online complaint form for submission to the Division of Consumer Services:

<https://csapp.800helpfla.com/CSPublicApp/Complaints/FileComplaint.aspx>

Georgia

General information about the office of consumer protection and approaches to filing a complaint:

<http://consumer.georgia.gov/consumer-topics/charities>

Information on filing a complaint:

<http://consumer.georgia.gov/consumer-topics/filing-a-complaint>



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Form for mailing a complaint:

<http://consumer.georgia.gov/pdf/Complaintform.pdf>

Interactive consume complaint form for submitting on line:

[http://oca.awe.gta.ga.gov/ima\\_form.asp?name=GENERAL\\_COMPLAINT](http://oca.awe.gta.ga.gov/ima_form.asp?name=GENERAL_COMPLAINT)

Hawaii

General information re: attorney general's oversight:

<http://hawaii.gov/ag/charities/>

Complaint to the attorney general on a nonprofit organization:

[http://hawaii.gov/ag/charities/forms/compl\\_2\\_ag\\_on\\_nonprofit\\_org-revised.pdf](http://hawaii.gov/ag/charities/forms/compl_2_ag_on_nonprofit_org-revised.pdf)

Idaho

Office of the attorney general information re: charitable fraud and filing a complaint:

[www.ag.idaho.gov/publications/consumer/CharitableGiving.pdf](http://www.ag.idaho.gov/publications/consumer/CharitableGiving.pdf)

Information re filing a complaint:

[www.ag.idaho.gov/consumerProtection/forms/ComplaintFormInformation.html](http://www.ag.idaho.gov/consumerProtection/forms/ComplaintFormInformation.html)

Complaint form:

[www.ag.idaho.gov/consumerProtection/forms/ConsumerFormOnline.pdf](http://www.ag.idaho.gov/consumerProtection/forms/ConsumerFormOnline.pdf)

Illinois

General information filing a consumer complaint, with links to form:

[www.illinoisattorneygeneral.gov/consumers/filecomplaint.html](http://www.illinoisattorneygeneral.gov/consumers/filecomplaint.html)



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Attorney general consumer fraud bureau complaint form:

[www.illinoisattorneygeneral.gov/consumers/conscomp.pdf](http://www.illinoisattorneygeneral.gov/consumers/conscomp.pdf)

Indiana

General information about charitable giving:

[www.indianaconsumer.com/consumer\\_guide/charitable\\_giving.asp](http://www.indianaconsumer.com/consumer_guide/charitable_giving.asp)

General information about filing a consumer complaint:

[www.in.gov/attorneygeneral/2434.htm](http://www.in.gov/attorneygeneral/2434.htm)

Online consumer complaint form:

<http://12.186.81.50/ConsumerComplaintForm/ConsumerComplaintForm.htm>

Consumer complaint form for mailing:

[www.in.gov/attorneygeneral/files/complaint.pdf](http://www.in.gov/attorneygeneral/files/complaint.pdf)

Iowa

General information about protecting charitable giving:

[www.iowaattorneygeneral.org/protecting\\_giving/index.html](http://www.iowaattorneygeneral.org/protecting_giving/index.html)

Online nonprofit abuse complaint form:

[www.state.ia.us/government/ag/file\\_complaint/online\\_nonprofit\\_abuse\\_complaint\\_form.html](http://www.state.ia.us/government/ag/file_complaint/online_nonprofit_abuse_complaint_form.html)

Kansas

General information regarding filing a consumer complaint including links:

[www.ksag.org/page/file-a-consumer-complaint](http://www.ksag.org/page/file-a-consumer-complaint)



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General information of attorney general assisting consumers:

[www.ksag.org/page/assisting-consumers](http://www.ksag.org/page/assisting-consumers)

Charitable organization investigative request:

[www.ksag.org/files/Charities\\_Form.pdf](http://www.ksag.org/files/Charities_Form.pdf)

Kentucky

Links for resources on charitable giving:

<http://ag.ky.gov/civil/consumerprotection/charity/>

Links to complaint forms by county:

<http://ag.ky.gov/civil/consumerprotection/complaints/forms.htm>

Louisiana

General information regarding charities:

[www.ag.state.la.us/Article.aspx?articleID=3&catID=0](http://www.ag.state.la.us/Article.aspx?articleID=3&catID=0)

Charity complaint form:

<http://ag.state.la.us/Shared/ViewDoc.aspx?Type=3&Doc=212>

Maine General information about consumer protection:

[www.maine.gov/ag/consumer/](http://www.maine.gov/ag/consumer/)

Links to forms:

[www.maine.gov/ag/consumer/charities/complaint.shtml](http://www.maine.gov/ag/consumer/charities/complaint.shtml)

Maryland

Are You Concerned About a Charity? Let Us know online form:

[www.sos.state.md.us/charity/Concern.aspx](http://www.sos.state.md.us/charity/Concern.aspx)

Massachusetts

Background on AG's Oversight & Enforcement Role:

[www.mass.gov/?pageID=cagoterminal&L=3&L0=Home&L1=Non-](http://www.mass.gov/?pageID=cagoterminal&L=3&L0=Home&L1=Non-)



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[Profits+%26+Charities&L2=Registering+a+Public+Charity&sid=Cago&b=terminalcontent&f=nonprofit\\_general\\_faqs\\_about\\_charities&csid=Cago](#)

Charitable Organization Complaint Form:  
[www.mass.gov/Cago/docs/nonprofit/charities\\_complaint.pdf](http://www.mass.gov/Cago/docs/nonprofit/charities_complaint.pdf)

Michigan  
General information regarding charities:  
[www.michigan.gov/ag/0,1607,7-164-17331\\_23326-63035-,00.html](http://www.michigan.gov/ag/0,1607,7-164-17331_23326-63035-,00.html)

Consumer Complaint/Inquiry Filing Information:  
[www.michigan.gov/ag/0,1607,7-164-35846-42077-,00.html](http://www.michigan.gov/ag/0,1607,7-164-35846-42077-,00.html)

Online filing complaint form:  
<https://secure.ag.state.mi.us/complaints/consumer.aspx>

Consumer complaint inquiry form - printable version:  
[www.michigan.gov/documents/ag/Consumer\\_Complaint\\_Form\\_346645\\_7.pdf](http://www.michigan.gov/documents/ag/Consumer_Complaint_Form_346645_7.pdf)

Minnesota  
General information about charities and filing a complaint:  
[www.ag.state.mn.us/charities/phonycharityvsreal.asp](http://www.ag.state.mn.us/charities/phonycharityvsreal.asp)

Nonprofit/charity complaint:  
[www.ag.state.mn.us/ElectronicForms/CharitiesComplaintForm.pdf](http://www.ag.state.mn.us/ElectronicForms/CharitiesComplaintForm.pdf)

Mississippi  
General information about the Securities and



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Charities Division of the Secretary of State:  
[www.sos.ms.gov/securities\\_and\\_charities\\_charities.aspx](http://www.sos.ms.gov/securities_and_charities_charities.aspx)

Charity complaint form:  
[www.sos.ms.gov/links/sec\\_char/CharityComplaint.pdf](http://www.sos.ms.gov/links/sec_char/CharityComplaint.pdf)

Missouri  
Information about having and filing a consumer  
complaint:  
<http://ago.mo.gov/consumercomplaint.htm>

Consumer complaint form online:  
[www.consumer.ago.mo.gov/](http://www.consumer.ago.mo.gov/)

Consumer complaint form - printable:  
<http://ago.mo.gov/forms/complaintform.pdf>

Montana  
Information about consumer complaints, plus link to  
online form:  
[www.doj.mt.gov/consumer/consumercomplaint.asp](http://www.doj.mt.gov/consumer/consumercomplaint.asp)

Common problems who to contact:  
[www.doj.mt.gov/consumer/commonproblems.asp](http://www.doj.mt.gov/consumer/commonproblems.asp)

File a Complaint - Start:  
<https://app.doj.mt.gov/apps/Oscar/complaintstart.aspx>

Consumer Complaint form printable version:  
[www.doj.mt.gov/consumer/docs/complaintform.pdf](http://www.doj.mt.gov/consumer/docs/complaintform.pdf)

Nebraska  
Information regarding consumer protections and  
links to informational brochures:  
[www.ago.ne.gov/consumer/](http://www.ago.ne.gov/consumer/) ;  
[www.ago.ne.gov/consumer/emailforms/consumer\\_complaint.htm](http://www.ago.ne.gov/consumer/emailforms/consumer_complaint.htm)



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How do I file a consumer complaint?

[www.ago.ne.gov/complaint](http://www.ago.ne.gov/complaint);

Consumer complaint form:

[www.ago.ne.gov/resource/forms/consumer\\_complaint](http://www.ago.ne.gov/resource/forms/consumer_complaint)

Nevada

<http://ag.state.nv.us/org/bcp/bcp.htm>

<http://ag.state.nv.us/org/bcp/cadinfo.htm>

New Hampshire

Consumer complaints - Understanding the Complaint Process:

<http://doj.nh.gov/consumer/complaints/index.htm>

Consumer complaints with link to electronically filed form and printable version:

[www.egov.nh.gov/consumercomplaint/](http://www.egov.nh.gov/consumercomplaint/)

Printable Form:

[www.doj.nh.gov/consumer/documents/consumer-complaint.pdf](http://www.doj.nh.gov/consumer/documents/consumer-complaint.pdf)

Filing a Consumer Complaint online:

[www.egov.nh.gov/consumercomplaint/step1.asp](http://www.egov.nh.gov/consumercomplaint/step1.asp)

New Jersey

Division of Consumer Affairs - How to File a Complaint:

[www.nj.gov/oag/ca/comp.htm](http://www.nj.gov/oag/ca/comp.htm)

Consumer Complaint Form:

[www.nj.gov/oag/ca/complaint/ocp.pdf](http://www.nj.gov/oag/ca/complaint/ocp.pdf)

New Mexico

Consumer Protection Division, general information with links to tips on resolving disputes and



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consumer complaint form:

[www.nmag.gov/office/Divisions/CP/Default.aspx](http://www.nmag.gov/office/Divisions/CP/Default.aspx)

Should You File a Complaint? (Consumer Protection Division):

[www.nmag.gov/office/Divisions/CP/shouldyoufile.aspx](http://www.nmag.gov/office/Divisions/CP/shouldyoufile.aspx)

Instructions for filing a Consumer Complaint and Complaint Form - printable:

[www.nmag.gov/office/Divisions/CP/ConsumerComplaint.pdf](http://www.nmag.gov/office/Divisions/CP/ConsumerComplaint.pdf)

Consumer Complaint Form:

[www.nmag.gov/office/Divisions/CP/complaint.aspx](http://www.nmag.gov/office/Divisions/CP/complaint.aspx)

New York

Contact information regarding charities:

[www.charitiesnys.com/contact\\_new.html](http://www.charitiesnys.com/contact_new.html)

Charities Complaint with link to form:

[www.charitiesnys.com/complaints\\_new.html](http://www.charitiesnys.com/complaints_new.html)

Complaint inquiry form:

[www.charitiesnys.com/pdfs/char030.pdf](http://www.charitiesnys.com/pdfs/char030.pdf)

North Carolina

General information regarding charities from the Department of Justice:

[www.ncdoj.gov/Consumer/Charities-and-Non-Profits.aspx](http://www.ncdoj.gov/Consumer/Charities-and-Non-Profits.aspx)

File a Complaint - What to Know about Filing a Consumer Complaint with links to electronic and printable versions:

[www.ncdoj.gov/getdoc/fdbe1c7-c2a9-4f67-91b2-bb50bee1c0a/2-2-12-File-a-Complaint.aspx](http://www.ncdoj.gov/getdoc/fdbe1c7-c2a9-4f67-91b2-bb50bee1c0a/2-2-12-File-a-Complaint.aspx)



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File a complaint - electronic:

[www.ncdoj.gov/getdoc/59be4357-41f3-4377-b10f-3e8bd532da5f/Complaint-Form.aspx](http://www.ncdoj.gov/getdoc/59be4357-41f3-4377-b10f-3e8bd532da5f/Complaint-Form.aspx)

Consumer complaint form - printable:

[www.ncdoj.gov/getdoc/b92bda56-ef5b-4bad-8717-854c28b27438/Consumer-Complaint-Form.aspx](http://www.ncdoj.gov/getdoc/b92bda56-ef5b-4bad-8717-854c28b27438/Consumer-Complaint-Form.aspx)

North Dakota

Consumer Protection Information and Links:

[www.ag.state.nd.us/CPAT/CPAT.htm](http://www.ag.state.nd.us/CPAT/CPAT.htm)

Consumer Complaint Form:

[www.ag.state.nd.us/CPAT/PDFFiles/SFN7418.pdf](http://www.ag.state.nd.us/CPAT/PDFFiles/SFN7418.pdf)

Ohio

File a complaint about bingo, a charity or a charitable solicitation:

[www.ohioattorneygeneral.gov/services/non-profits/file-a-non-profit-complaint](http://www.ohioattorneygeneral.gov/services/non-profits/file-a-non-profit-complaint)

Complaint Form - online:

<https://coin.ag.state.oh.us/DesktopDefault.aspx?tabindex=4&tabid=9>

Charitable Organization Complaint Form printable:

[www.ohioattorneygeneral.gov/files/Forms/Forms-for-Non-profits/Charitable-Org-Complaint-Form](http://www.ohioattorneygeneral.gov/files/Forms/Forms-for-Non-profits/Charitable-Org-Complaint-Form)

Oklahoma

Public Protection Unit - If you have a consumer complaint:

[www.oag.state.ok.us/oagweb.nsf/ccomp.html](http://www.oag.state.ok.us/oagweb.nsf/ccomp.html)



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Consumer complaint form:

[www.oag.state.ok.us/oagweb.nsf/0/dd237d83d9509cff862572b400738e40/\\$FILE/complnt.pdf](http://www.oag.state.ok.us/oagweb.nsf/0/dd237d83d9509cff862572b400738e40/$FILE/complnt.pdf)

Consumer complaint form:

[www.oag.state.ok.us/consumer/complt.nsf/complaint.html](http://www.oag.state.ok.us/consumer/complt.nsf/complaint.html)

Oregon

Complaint Form:

[www.doj.state.or.us/charigroup/complaint.shtml](http://www.doj.state.or.us/charigroup/complaint.shtml)

Solicitation Complaint Form:

<http://www.doj.state.or.us/charigroup/download/inquiry.pdf>

Pennsylvania

Filing a complaint with the Charitable Trusts and Organizations Section with link to form:

[www.attorneygeneral.gov/complaints.aspx?id=475](http://www.attorneygeneral.gov/complaints.aspx?id=475)

Charitable Trusts and Organizations Complaint Form:

[www.attorneygeneral.gov/uploadedFiles/Complaints/charities.pdf](http://www.attorneygeneral.gov/uploadedFiles/Complaints/charities.pdf)

Rhode Island

Department Complaint Form:

[www.dbr.state.ri.us/documents/divisions/banking/curities/complain-frm.pdf](http://www.dbr.state.ri.us/documents/divisions/banking/curities/complain-frm.pdf)

South Carolina

Department of Consumer Affairs Complaint Services information and link to form:

[www.scconsumer.gov/complaint\\_services.htm](http://www.scconsumer.gov/complaint_services.htm)

Complaint Form - online:

[www.scconsumer.gov/dcacf/dcapolicy.htm](http://www.scconsumer.gov/dcacf/dcapolicy.htm)



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South Dakota

Online consumer complaint form:

<http://atg.sd.gov/Consumers/HandlingComplaints/ConsumerComplaintForm.aspx>

Consumer Complaint printable form:

<http://atg.sd.gov/LinkClick.aspx?fileticket=v6o56SRFzIo%3d&tabid=413>

Tennessee

Online complaint form:

[www.tn.gov/consumer/consCompFrm.shtml](http://www.tn.gov/consumer/consCompFrm.shtml)

Complaint form - printable:

[www.tn.gov/sos/forms/ss-6077.pdf](http://www.tn.gov/sos/forms/ss-6077.pdf)

Texas

Charities and Nonprofit - complaints and enforcements:

[www.oag.state.tx.us/consumer/charities\\_complaints.shtml](http://www.oag.state.tx.us/consumer/charities_complaints.shtml)

Charitable trusts complaint form:

[www.oag.state.tx.us/consumer/charitycomplaint.pdf](http://www.oag.state.tx.us/consumer/charitycomplaint.pdf)

Utah

How to file a complaint with the division including link:

<http://consumerprotection.utah.gov/complaints/manual.html>

Consumer complaint form:

[http://consumerprotection.utah.gov/downloads/complaint\\_form.pdf](http://consumerprotection.utah.gov/downloads/complaint_form.pdf)

Vermont

How to file a complaint including online link [handled through the Community Assistance Program



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of the University of Vermont]:

[www.uvm.edu/consumer/?Page=complaint.html](http://www.uvm.edu/consumer/?Page=complaint.html)

Virginia

About the office of consumer affairs:

[www.vdacs.virginia.gov/consumers/oca.shtml](http://www.vdacs.virginia.gov/consumers/oca.shtml)

Consumer complaint form:

[www.vdacs.virginia.gov/forms-pdf/cp/oca/complaint/ocalcomplaint.pdf](http://www.vdacs.virginia.gov/forms-pdf/cp/oca/complaint/ocalcomplaint.pdf)

Washington

General information including links to electronic and printable forms:

[www.atg.wa.gov/fileacomplaint.aspx](http://www.atg.wa.gov/fileacomplaint.aspx)

West Virginia

General information about charities:

[www.sos.wv.gov/business-licensing/charities/Pages/default.aspx](http://www.sos.wv.gov/business-licensing/charities/Pages/default.aspx)

Complaint form:

[www.sos.wv.gov/business-licensing/charities/Documents/charities\\_complaint.pdf](http://www.sos.wv.gov/business-licensing/charities/Documents/charities_complaint.pdf)

Wisconsin

Consumer protection how to file a complaint:

[www.doj.state.wi.us/dls/ConsProt/cp\\_complaints.asp](http://www.doj.state.wi.us/dls/ConsProt/cp_complaints.asp)

Wyoming

Information and contacts for making a complaint:

<http://attorneygeneral.state.wy.us/index.html>

If you have a personal claim for which you are seeking monetary damages or specific performance, you will need to retain counsel.



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If you need to hire a lawyer and have limited resources to do so, here is a state by state list of Legal Aid / Pro Bono Law Firms.

<http://www.ncsc.org/topics/legal-services/legal-aid-pro-bono/state-links.aspx>

The U.S. Equal Employment Opportunity Commission (EEOC) is responsible for enforcing federal laws that make it illegal to discriminate against a job applicant or an employee because of the person's race, color, religion, sex (including pregnancy, gender identity, and sexual orientation), national origin, age (40 or older), disability or genetic information. It is also illegal to discriminate against a person because the person complained about discrimination, filed a charge of discrimination, or participated in an employment discrimination investigation or lawsuit.

Most employers with at least 15 employees are covered by EEOC laws (20 employees in age discrimination cases). Most labor unions and employment agencies are also covered. The laws apply to all types of work situations, including hiring, firing, promotions, harassment, training, wages, and benefits.

U.S. EEOC Launches Online Services for Inquiries, Appointments and Discrimination Charges

<https://www.eeoc.gov/eeoc/newsroom/release/11-1-17.cfm>

File a report with the IRS: Go ahead and complain. The Internal Revenue Service (IRS) is all ears.



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Where do I send complaints about the activities/operations of tax-exempt organizations?

<https://www.irs.gov/charities-non-profits/exempt-organizations-general-issues-complaints-about-activities-of-exempt-organizations>

Complaints alleging any abuse of the tax-exempt status granted to a non-profit organization.

[https://www.irs.gov/pub/irs-tege/divulge\\_all\\_suspected\\_tax\\_exempt\\_status\\_abuses\\_to\\_the\\_irs.pdf](https://www.irs.gov/pub/irs-tege/divulge_all_suspected_tax_exempt_status_abuses_to_the_irs.pdf)

The Better Business Bureau:

The BBB makes it easy for people to file complaints. BBB handles complaints regarding any business, whether or not the business is a BBB Accredited Business. BBB also accepts complaints against charities and non-profit organizations. Primarily, BBB handles complaints relating to marketplace transactions, including advertising claims. This process is free to customers and businesses.

[Www.bbb.org](http://www.bbb.org)

<https://www.bbb.org/louisville/get-consumer-help/BBB-complaint-process/>



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Rip Off Report

[www.RipOffReport.com](http://www.RipOffReport.com)

Report any scam, fraud, complaint or review on any type of company, individual, service or product here. The Ripoff Report allows you a central place to enter complaints about companies or individuals who are fraudulent, scamming or ripping people off. Our reports cover every category imaginable!

Elderly are often vulnerable to scams and abuse, neglect and financial exploitation.

National Adult Protective Services Association

<http://www.napsa-now.org/>

National Council on Aging:

Elder Abuse Facts -

<https://www.ncoa.org/public-policy-action/elder-justice/elder-abuse-facts/>

If you feel a child's welfare is in jeopardy you should contact Child Welfare Services in the county the child lives in.

The National Child Abuse Hotline is

1-800-4-A-Child

Www.ChildHelp.org

If you are not in communication and have been otherwise shunned or cut off from a friend or loved one, and have reason for concern about their safety or well being - Most states have something called a "Police Welfare Check"- where you can contact local authorities and request they go to the last known address of a person to check in on them. You can get more information about that here:



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<https://thelawdictionary.org/article/what-is-a-police-welfare-check/>

## **STAGES IN LEAVING THE CULTIC SYSTEM** By

[www.ExitSupportNetwork.com](http://www.ExitSupportNetwork.com)

### **THE WITHDRAWAL PROCESS**

The control in the cultic system is so strong that people report they have been affected for years afterwards. It is for this reason that the WITHDRAWAL STAGES should be well understood by everyone.

#### **STAGE ONE:**

This often begins almost immediately after acknowledging something is wrong. The mind and will may be completely taken over by the logic presented by the members and leaders. However, the gut feeling, emotions, or conscience often indicates that something is not quite right.

#### **STAGE TWO:**

This doubt causes a feeling of guilt which the person attempts to stuff and deny. The guilt drives him or her to deeper resolve to "do right" or submit and to ignore any information that conflicts with the leaders' message. However, the conscience continues to exert itself causing the person to question things. Most people don't know what to question. They may question the "standards", the existence of God or the truth of the scripture. They rarely have enough wisdom to question the history or the doctrine of the group.

#### **STAGE THREE:**

The person will give lip service to the group but in reality often behaves or does things that are



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against the rules. This causes even more guilt and more resolve to "get right."

## **STAGE FOUR:**

If the person is observant and alert, he or she may notice some discrepancies between what the scripture says and what is done within the group. Or he may hear of a scandal or problem that bothers him. This may worry some people but many others just think, "Oh, well, the people aren't perfect but the WAY [or "God's government"] is perfect." Or "Oh well, what can I do?" or "Oh well, God will take care of it."

## **STAGE FIVE:**

The person may hear of the history of the church and begin to wonder why he was lied to regarding the founder of the group. An inquisitive person may begin an investigation. At this point, the person usually becomes very quiet and fearful about letting others know of his questions. By this time he has found out that it is socially unacceptable to voice any doubts.

## **STAGE SIX:**

The denial stage in which the person decides to ignore all the warning signs. They are actually afraid of or angry at anyone who has information that exposes the deceit of the organization. Some people NEVER get past this stage. They are hostile towards any information that spotlights the deceit and errors of the group.

## **STAGE SEVEN:**

The "Don't know what to think" stage. MANY people get stuck here. They will try to figure things out on their own. They are suspicious of everyone. They



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don't trust the friends or ministers and they don't trust themselves. They don't trust traditional Christianity. They don't trust the information that exposes the group. They may not trust the scripture and might try to find reasons to believe the Bible wasn't translated correctly. This stage is very critical. The stress of it can cause illness, anxiety, nightmares, emotional problems, marital problems, divorce, and destructive accidents because of so much mental preoccupation, suicide [suicidal feelings], hostility and anger. Some report a problem with nausea, clenched teeth or other outward signs of tension. This stage is extremely painful and frightening. Usually the longer a person or his family has been in the group, the more painful it is. At this stage, some try to reason with the leaders. They will either arrange for visits or write long agonizing letters. Some hope that they can change the system or get some members to agree with them. They are AMAZED at the total inability of the members to hear what they are saying. However, some members will agree with their arguments, pat them on the head and try to smooth their ruffled feelings.

## **STAGE EIGHT:**

The state in which a decision is made to leave the group. The person may go in several directions. They may become angry at God, or become an agnostic or atheist. They may try to start their own spiritual quest or church in the home. They may reach out to secular psychology for relief. Or, they may hook into another cult. They may decide to just let the spiritual part of their life hang in mid-air for awhile. Some people get stuck in a yo-yo syndrome: they will leave the group, go back to the group, leave, go back, leave and go back. They rarely ever figure out what the group believes or even what they believe. Or, they may become born



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again as a result of doing some intense praying, in-depth study and reaching out to normal Christian information. This stage is extremely crucial. If a married couple doesn't agree or reach this stage together it can destroy their marriage. Almost total rejection from the group and family inside occurs if the person announces his new allegiance to Christ instead of to the cultic system.

## **STAGE NINE:**

The state in which the old personality disintegrates and a new one is formed. The person will get rid of old clothes, old hairstyles, old possessions. Some people experience a lot of anxiety in adjusting to a new identity because their whole self concept was so closely tied to the group attitude towards themselves. New interests, charitable activities and hobbies are found. Bible study and Bible classes become the new excitement if one has been born again. The person rejoices at every new day and has a sense of peace. The world looks beautiful, people seem wonderful, nature seems to glow with the power and beauty of God. If a satisfactory church is found the person finds a great deal of happiness.

## **STAGE TEN:**

The person is in constant amazement at the difference between the old life and the new life. The person is able to pity those who are still in the old group and will eventually be able to laugh about his old experiences. The person will often want to reach out to others whom he has known while in the group. He feels a strong need to talk about the experience in order to understand the strong emotions and confusion he felt while inside the group. Talking to other ex-members seems to be the best therapy for those going through this process.



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Write down what one has heard, experienced and believes [is also very helpful].

~Adapted from an article originally posted by the late Jan Groenveld of Cult Awareness Center in Australia. [Words in brackets inserted by Exit & Support Network™]

Footnote by ESN:

1 Trauma after exiting an abusive group is in the mind and has often been referred to as a "rape of the mind." Child survivors experience changes in self-esteem, with identity issues being a major concern.

If you are struggling from the aftermath of leaving a high control group / cult / abusive relations you may consider seeking counseling. Often times those finding themselves in these situations are very limited on resources, funds and a support system to get back on their feet.

If you are looking for low cost Mental Health Services, try your local Health Dept or contact City Hall and inquire about services available to local citizens. Another option is to search online for low cost Mental Health Services and or Non-profits that offer this type of service.

Dialing 211 is generally a great resource for finding out this sort of information.

If you are in the Miami, Fl area and have experienced Trauma of any sort and have no means to



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pay for these services there is a Non-profit that offers therapy for Free to individuals who qualify.

The website is:

<http://www.traumaresolutioncenter.net/> and there  
phone number is  
[305-374-9990](tel:305-374-9990)

Other resources for Therapeutic support:

<http://www.meadowhaven.org/index.html> – Meadow Haven is a medium term (1-2 month) residential recovery center for those coming out of cults or religiously abusive environments.

[Wellspring Retreat and Resource Center](#) – Wellspring is a short term residential recovery center for those coming out of cults or religiously abusive environments.

Finding a local Therapist who is knowledgeable about Cult abuse can be difficult. Thankfully for modern technology, many therapists offer remote counseling services via video or phone appointments.

International Cultic Studies Association Founded in 1979\*, (ICSA) is a global network of people concerned about psychological manipulation and abuse in cultic or high-demand groups, alternative movements, and other environments. They hold yearly conferences and also have an extensive state by state list of therapists who have experience helping people who have trauma related issues from abusive groups and relations. You can get more information about them at this link:

<http://www.icsahome.com/>



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<http://www.icsahome.com/networks/mentalhealth/counseling-resources>

We've recently started a Private Facebook Support Group. This private Facebook Group was created to give additional support to those leaving high control groups/cults and who are struggling with trying to get someone out of a high control group/situation or cult. Once a month we have a licensed therapist as our Guest Moderator. You can join at this link:

<https://www.facebook.com/groups/FACTSupportGroup/>

If you are not in touch anymore with your loved one or friend due to shunning / disconnection you always have the option to reach out to them and try and rekindle the relationship. You can draft a letter, email or text saying something like:

"Dear xxxx,

I am sorry we've had difficulties understanding each other. You're beliefs and religious views are your own and I've learned I need to respect those. You are a very smart person and have the right to your beliefs and viewpoints. I apologize for not understanding that sooner. My intention is not to condemn you, argue with you or otherwise push you away. I care about our relationship and you more than anything else. Can you please forgive my lack of understanding regarding this? I only care about restoring our relationship. If you are happy, I will support your decisions and am happy for you."



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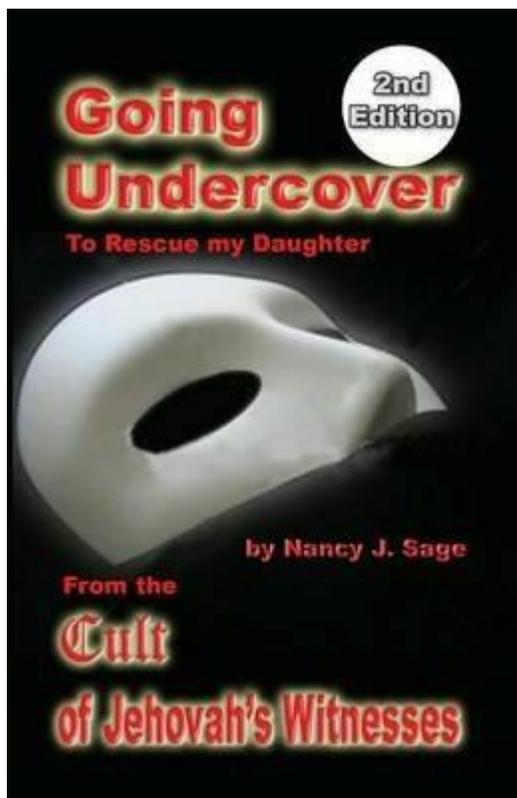
In other words, you have the choice to eat crow and do whatever it may take to restore your relationship. For some it may be worth a try.

Depending on your particular situation, another option is you can choose to go "undercover".

Nancy Sage a former Jehovah's Witness has an extraordinary story.

"No communication was allowed among family members after my husband and I resigned from the church of Jehovah's Witnesses. It became imperative for me to rejoin and go undercover as a member so I could achieve a successful rescue of my daughter which took a two year journey."

You can find her book on Amazon.





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A very effective way to Help and be more effective over these types of situations is to Share the information you have learned. Share the posts, videos, infographics and resources that we post on our social media and website. Help raise awareness about these topics to family and friends. Request that your local High School / Colleges contact us for our Preventative Education materials. Offer to hold a class Presentation about Cults, Mind Control, Manipulation etc. Our Preventative Education Packs are available for this very purpose.

If you would like to help us in our efforts and cause financially, we welcome and appreciate any and all contributions. There is much work to do and financial contributions allows us the resources to continue moving forward with all that needs to be done. Contributions can be made at this link:

<https://donatenow.networkforgood.org/fact>

We will be updating and adding to this Resource File regularly as new resources and ideas become available.

We wish you the very best in figuring out what solutions are available for your particular situation.

We are here for you however we can be and are working hard daily to help raise awareness, figure out solutions, hopefully get some laws into place to protect people from these types of abuses and exploitation and provide support for those in need.



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If you have Resources that you'd like to see on this file, please e-mail us with the details to review at [Support@FamiliesAgainstCultTeachings.org](mailto:Support@FamiliesAgainstCultTeachings.org)

Sincerely,

The FACT Team  
Families Against Cult Teachings and Abuses  
[www.FamiliesAgainstCultTeachings.org](http://www.FamiliesAgainstCultTeachings.org)