"RAINN helped me see that I am not alone."

- Julianna Araujo, survivor of sexual abuse

National Sexual Assault Hotline | 800.656.HOPE | rainn.org

National Sexual Assault Hotline Anonymous support, 24/7.



Connect with your local sexual assault service provider:

- Confidential, judgement-free support
- Help finding a local health facility that is equipped to care for survivors of sexual assault
- Information about laws in your state



Chat one-on-one with a trained RAINN support specialist:

- Someone to help you talk through what happened
- Referrals for ongoing support
- Secure online chat technology, accessible from any device

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