

“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.



Telephone
800.656.HOPE

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



Online chat
rainn.org

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