If you were affected by sexual assault, you are not alone.

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

No matter what stage of recovery you’re at, confidential, anonymous support is available 24/7 for survivors & loved ones.

**Telephone**
800.656.HOPE

- Talk to a trained staff member or connect with a local sexual assault service provider.
- Get direct, personal, one-on-one support.

**Online chat**
online.rainn.org

- Chat one-on-one with a trained support specialist.
- Secure technology, accessible from any device.