

RAINN's National Sexual Assault Hotline

Have you or someone you love been sexually assaulted or abused? You are not alone. Contact RAINN 24/7 to connect with a real, live person who's trained to help.

Call
800.656.HOPE

Online Chat
Chat Live Now

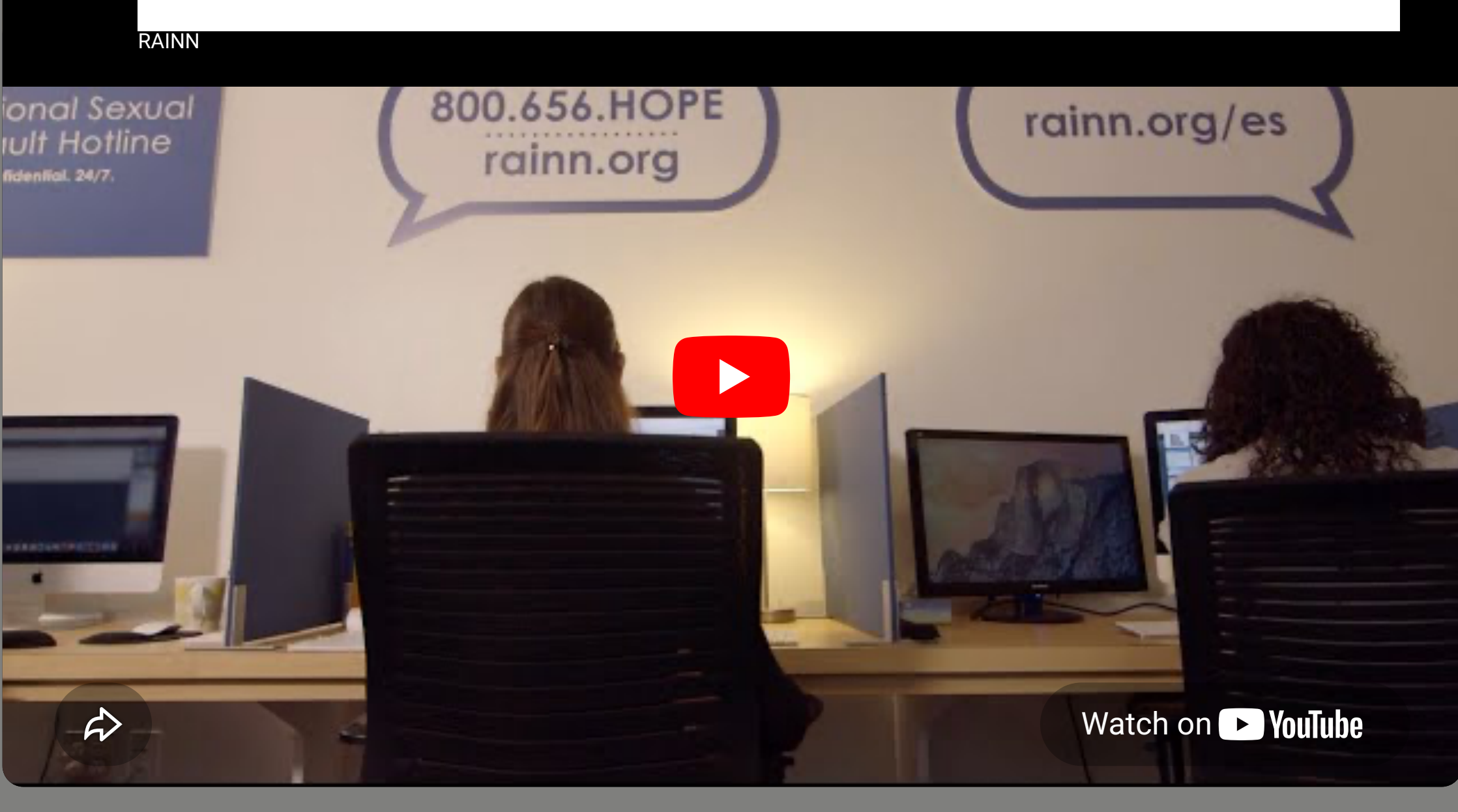
Text
HOPE to 64673

By connecting to the hotline, you agree to our [Terms & conditions](#) and have read our [Privacy Policy](#).

WhatsApp Chat

En Español

Help & Healing > National Sexual Assault Hotline



What To Expect When You Contact RAINN

Since 1994, RAINN's victim service programs have helped over 5 million survivors of sexual violence and their loved ones with support and resources that promote healing, hope, and courage.

When you contact RAINN's National Sexual Assault Hotline, you'll find:

- Confidential support from a trained support specialist
- Resources for helping you heal and recover
- Referrals for long-term support resources in your area
- Information about the laws in your state

Frequently Asked Questions

How long can I talk to a support specialist?	▼
How can a support specialist help me?	▼
Will you have to report if I tell you what happened?	▼
Who will I talk or chat with?	▼
Can I leave feedback?	▼
How does RAINN protect my privacy?	▼
How can I protect my privacy?	▼
What are your terms of service?	▼

Hear From Survivors Helped by RAINN

“You made me feel human again.”

–Shared by a survivor



“You know the feeling of safety in a sunrise? I haven’t felt that for a while. But it feels like my heart got a tiny bit of sun.”

“Thanks for helping me release the demons before they could take hold.”

“You made me stop crying, which is better than anything else that happened today.”

“I am so relieved. I just want to thank you so much. You literally just changed my life.”

“I came to you feeling guilty and ashamed, and now I feel empowered.”

Self-Care for Survivors

Support Resources

If You’ve Been Assaulted

How to Talk About It

I’m A Kid & Something Happened

How to Help Someone You Care About

More Support Resources from RAINN

Youth HelpRoom

Online group chats for 14 to 24-year-old survivors of sexual violence. Chats are moderated by RAINN to ensure safety and anonymity.

Department of Defense Safe Helpline

A service for members of the U.S. military and their families, operated by RAINN for the Department of War.

- [Chat Online](#)
- Telephone hotline: [877-995-5247](#)

Additional Support Options

National Human Trafficking Hotline

- Call [1-888-373-7888](#)
- TTY: 711
- [Chat](#)
- Text [233733](#)

National Domestic Violence Hotline

- Call [1-800-799-SAFE \(7233\)](#)
- [Chat live](#)
- Text “START” to [88788](#)

Join Our Community

Join the Fight for a World Free from Sexual Violence

Sign up for inspiring stories, important updates from RAINN, and tools to take action in your community.

Email *(Required)*

Zip / Postal Code *(Required)*

Phone *(Required)*

I agree to receive email and text updates. Msg & data rates may apply. Text STOP to opt out.

Submit



Show Support

Whether you’re a survivor yourself or know someone who is, your compassionate support can profoundly impact someone’s healing journey. Here’s how.



Take Action

Show up, speak out, and step in. Learn more about how you can add your voice, fight for justice, and help RAINN move its mission forward for survivors.

Email Address

I agree to receive email and text updates. Msg & data rates may apply. Text STOP to opt out.