

RAINN

RAINN's New App Offers Support Anytime, Anywhere

The just-released [RAINN app](#) offers survivors of sexual violence and their loved ones support, self-care tools, and information to help manage the effects of trauma.

Through the app, users can access RAINN's National Sexual Assault Hotline via phone or online chat. The hotline is free, confidential, and available 24/7.

Features include:

- the HelpRoom, an anonymous, moderated peer-to-peer chat for survivors who would like to discuss their healing and support others.
- a self-care section with a variety of exercises, supplied by Headspace and The Monday Campaign, to help users take a moment for themselves, as well as a mood tracker to help them reflect on how they're feeling and figure out the best ways to care for themselves.
 - "We're excited to have partnered with Headspace to offer science-backed guided meditation exercises and with The Monday Campaign on relaxing visuals that can help reduce stress," adds Sorensen. "For a lot of folks, it can be important to know that you have relaxation and meditation techniques at the ready if you experience anxiety or are having trouble sleeping."
- dozens of articles with helpful information on sexual violence, finding and giving support, and healing. There is a survivor stories section, where members of the RAINN Speakers Bureau share their own stories of hope and healing.

Prevention magazine has listed the RAINN app as one of the **15 best mental health apps of 2020**.

The app is free and easy to download, just search "RAINN" in the [App Store](#) or [Google Play](#) on your smartphone or tablet.

