



## Sexual Assault Survivors in the Military

There is no one "normal" reaction to sexual assault. It can impact you psychologically, emotionally, and physically. These effects can be brief in duration or can last a long time. It can take time to learn how to manage these effects, but with the right support it can happen.

DoD Safe Helpline offers one-on-one, anonymous support to the DoD community, 24 hours a day, 7 days a week, to help you through the healing process. Safe Helpline staff are specially-trained professionals who can provide help via online chat or telephone. Information and referrals are also available at [safehelpline.org](http://safehelpline.org) or by text message.

You can also create a personalized self-care plan with the Safe Helpline app. Download it for free from the iOS and Android app store.

Safe Helpline supports all members of the DoD community, and you can access it from anywhere in the world. All Safe Helpline services are confidential and secure, and the information you provide is not shared with anyone in the military.

# Need to talk?

We're here to help.



Telephone Helpline  
**877-995-5247**



Online Helpline  
**SafeHelpline.org**



Chat With Peers  
**SafeHelpRoom.org**



Self-Care App  
**Available on the iOS and  
Android app stores**



Info by Text  
**55-247 (in US)  
202-470-5546 (outside US)**

DoD  
**Safe Helpline**  
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Sexual Assault Support for the DoD Community



**safehelpline.org**  
**877-995-5247**

Secure. Confidential. Anonymous.

## About DoD Safe Helpline

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DoD Safe Helpline is a crisis support service specially designed for members of the DoD community affected by sexual assault. Safe Helpline staff provide live, one-on-one support to survivors and family. All helpline services are confidential, anonymous, secure, and available worldwide, providing survivors with the help they need, anytime, anywhere.

Safe Helpline is operated through a contract with RAINN (Rape, Abuse & Incest National Network) on behalf of DoD. RAINN, the nation's largest anti-sexual violence organization, also operates the National Sexual Assault Hotline (800.656.HOPE and online.rainn.org).



## Need to talk?

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There are five easy ways to get help from DoD Safe Helpline:

### Telephone Helpline

Safe Helpline provides live, confidential help over the phone — just call 877-995-5247. The phone number is the same in the U.S. and worldwide via DSN.

### Online Helpline

Safe Helpline provides live, confidential, one-on-one help through a secure instant-messaging platform at SafeHelpline.org. The website also contains vital information about recovering from and reporting a sexual assault.

### Safe HelpRoom: Chat with Peers

Want to chat with people who have been through a similar experience? Visit the online chatroom at SafeHelpRoom.org. Safe HelpRoom is a secure community of survivors that meet to help each other — regardless of time zone or distance.

Visit SafeHelpRoom.org to save a spot at the next discussion.

### Self-Care App

Download the Safe Helpline app and create a personalized self-care plan (it's free on iTunes and Google Play).

Once you download the app, you can use the self-care plan and exercises whenever you like, even without an internet connection. Your personalized plan will be stored only on your mobile device and will remain completely confidential.

You can also use the app to call the telephone helpline for free, from anywhere in the world.

### Info by Text

Need to get in touch with a Sexual Assault Response Coordinator? Just text your zip code or installation/base name to 55-247 (in the U.S.) or 202-470-5546 (outside the U.S.), and we will quickly text you back with contact information for the nearest civilian or DoD sexual assault service provider.

Message and data rates may apply.

## Transitioning Service Members

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Are you in the process of separating or retiring from military service? Being a survivor of sexual assault and going through the transition process can be difficult. Safe Helpline can help you with the transition process.

We can also connect you with the best DoD, VA and civilian resources to help with mental healthcare, housing, and employment. Use Safe Helpline's Decision Tree to find the right resources for you.

## Safe Helpline is Confidential and Anonymous

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Safe Helpline is a secure and confidential service. We will not log your IP (computer) address, and we will not save a transcript of your session or record your call. Safe Helpline staff will never request personal information like your name or address. We will also never share any personal information about you or anything you tell us.

**Secure. Confidential. Anonymous.**