

Sexual Assault Survivors in the Military

Sexual assault is a crime that can have psychological, emotional, and physical effects. These effects can be brief in duration or can last a long time. There is not one "normal" reaction.

Dod Safe Helpline offers free and anonymous support to the DoD community, 24 hours a day, 7 days a week, to help survivors 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 or by text.

A personalized self-help plan can also be created with the Safe Helpline app for iOS and Android.

Members of the DoD community can access Safe Helpline from anywhere in the world. All Safe Helpline services are confidential and secure, and the information you provide is not shared with your chain of command.

Get Live
Help Now

Need to talk? It's easy to
get the help you deserve.

Online Helpline
SafeHelpline.org

Telephone Helpline 877-
995-5247

Info by Text
55-247 (inside the U.S.) / 202-
470-5546 (outside the U.S.)
Text your location for the nearest support
resource

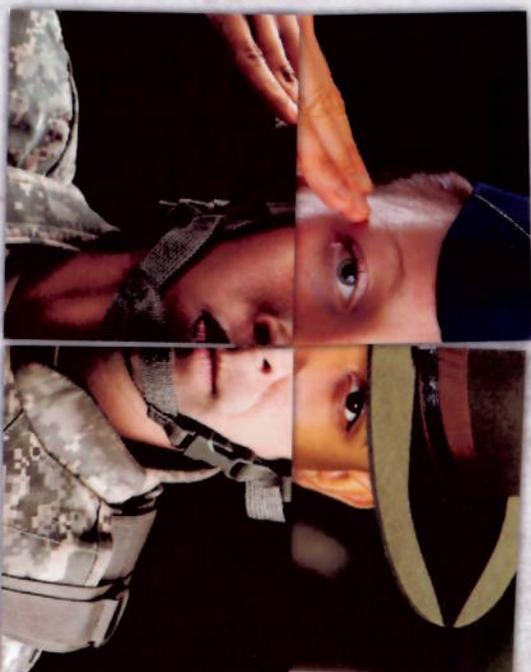
Safe Helpline App
(for iOS and Android)

Safe HelpRoom
Peer-to-Peer Support
SafeHelpRoom.org



Download the
Safe Helpline App

DOD
Safe Helpline



SEXUAL ASSAULT SUPPORT FOR
THE DOD COMMUNITY
FREE. CONFIDENTIAL. 24/7.

SafeHelpline.org



About DoD Safe Helpline

Department of Defense (DoD) Safe Helpline is a groundbreaking crisis support service for members of the DoD community affected by sexual assault. Safe Helpline provides live, one-on-one support, and information to the DoD community. The service is 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, operates the National Sexual Assault Hotline (800.656.HOPE) and National Sexual Assault Online Hotline (online.rainn.org)

Need to talk?

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

Click

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

Call

Safe Helpline also provides live, confidential help over the phone — just call **877-995-5247**. If you wish, Helpline staff can transfer you to your Sexual Assault Response Coordinator (SARC), Military OneSource, the National Suicide Prevention Lifeline, or a civilian sexual assault service provider. The phone number is the same in the U.S. and worldwide via the Defense Switched Network (DSN).

Info by Text

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

Message and data rates may apply.

App

Download the Safe Helpline app, (for **iOS** and **Android**) and create a personalized self-care plan.

You can use the self-care exercises and information whenever you'd like. Your personalized plan will be stored only on your mobile device, so it will remain completely confidential. Once you download the app, you don't need an internet connection to use it. If you're stationed abroad, connect to the telephone helpline from the app using the internet at no charge.

Safe HelpRoom: Peer Support

Want to talk to people who have been through a similar experience? Safe HelpRoom hosts live, secure peer-to-peer discussions through a moderated online chat format. Visit SafeHelpRoom.org to find out the time of the next discussion and to vote on what topics will be discussed.

Transitioning Service Members

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. If you or someone you know is transitioning, there is a wide range of thoughts, feelings, and physical symptoms that may be experienced.

Safe Helpline can assist with the transition process by connecting sexual assault survivors in the military with DoD, Veterans Affairs Benefits Coordinators and civilian resources that offer information in a variety of areas, including mental healthcare, housing, and employment. Use Safe Helpline's Decision Tree to find the right resources for you.

Safe Helpline is Confidential and Anonymous

Safe Helpline is a secure and confidential service. We will not log your IP (computer) address, nor will we 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 never share any personal information about you or anything you tell us with military leadership or your chain of command.

