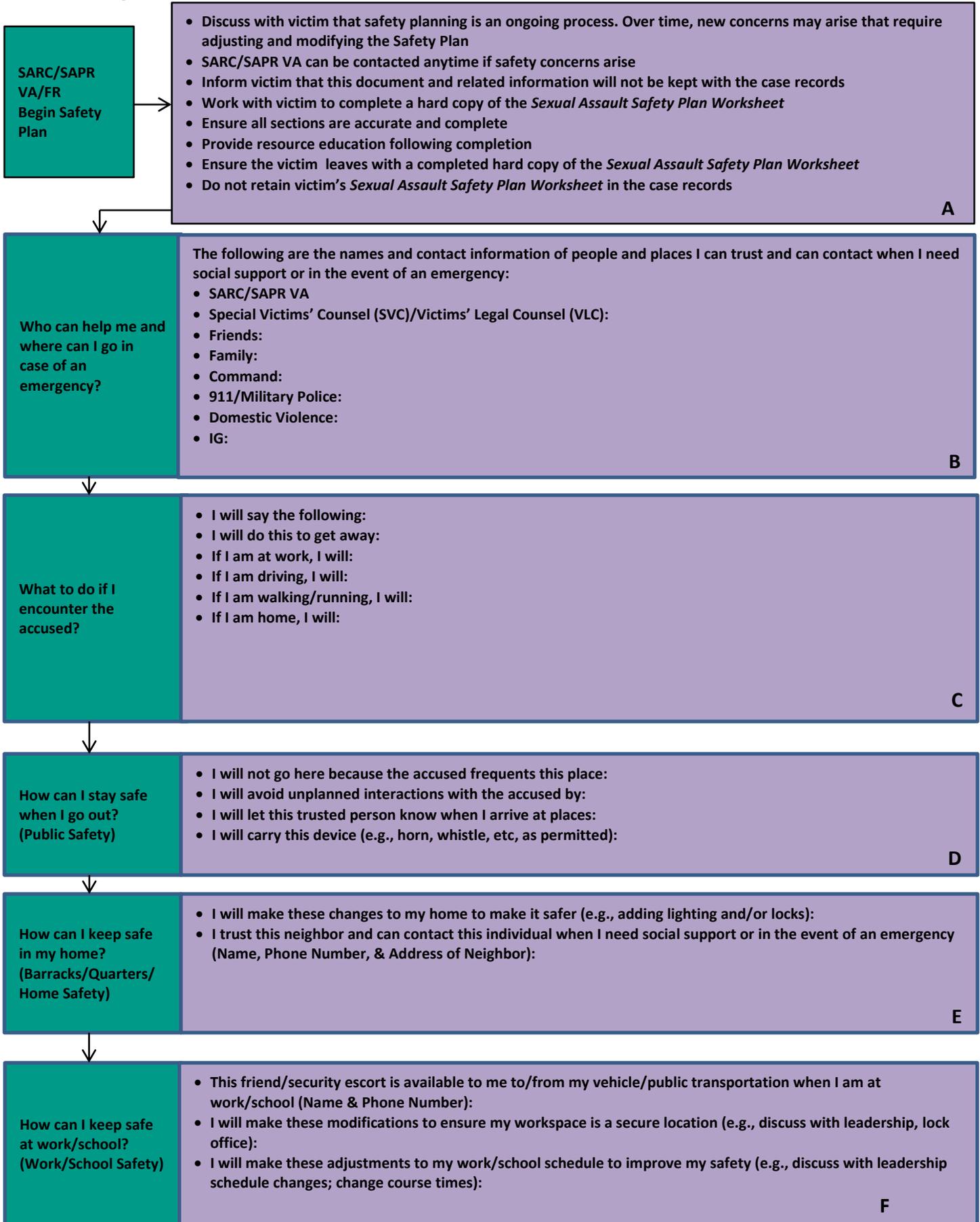


Safety Plan



Continue on next page of Safety Plan

Safety Plan, cont.

What to do if I begin to experience negative emotions/feelings about the assault?

- If I begin to re-experience the event, I will:
- If I have thoughts of harming myself, I will:
- If I have thoughts of harming others, I will:

G



Provide resources to victim:

Referral to Behavioral Health Crisis Hotlines:

- 1) DoD Safe Helpline, safehelpline.org; 877-995-5247
- 2) National Domestic Violence Hotline, thehotline.org; 800-799-7233 (TDD: 800-787-3224)
- 3) Military Crisis Line, militarycrisisline.net; 800-273-8255 (press 1)

Crisis Resources:

- 1) National Sexual Violence Resource Center, nsvrc.org; 877-739-3895 or 717-909-0710
- 2) MaleSurvivor.org
- 3) Office for Victims of Crime, www.ovc.gov

H



- Discuss with victim/patient the importance of keeping this safety plan and other important documents (e.g., driver's license, insurance papers, birth certificates, passports, etc.) in a safe and secure place
- Schedule follow-up/check-ins with victim/patient prior to victim/patient leaving. At these appointments, the SARC/SAPR VA or HCP can check in with victim/patient and determine if updates to the Safety Plan are necessary
- Ensure victim leaves with a hard copy of the Safety Plan
- Ensure victim has copy of "Sexual Assault Health Care Support" pamphlet

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