

Program Descriptions

DoD Safe Helpline

Sexual Assault Support for the DoD Community

Services

Users can access confidential support anonymously from anywhere in the world:

➤ **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 and transitioning service members.

➤ **Safe HelpRoom: Chat with Peers**

Safe HelpRoom is a secure community of survivors that meet to help each other — regardless of time zone or distance. SafeHelpRoom.org

➤ **Self-Care App**

The Self-Care App is designed specifically for military sexual assault survivors and helps survivors manage the long-term effects of sexual assault. Users can create a personalized self-care plan and access supportive exercises whenever they need it. In addition, the app connects the user with all of the other Safe Helpline resources in an easy to use mobile platform.

The app is available on Apple iTunes and in the Google Play Store.

➤ **Info by Text**

Users can easily access the complete DoD Safe Helpline Resource database by texting a zip code or installation/base name to 55-247 (in the U.S.) or 202-470-5546 (outside the U.S.), message and data rates may apply.

➤ **Feedback Form**

Visitors may choose to provide feedback to SAPRO directly through a confidential and anonymous feedback form on SafeHelpline.org.

➤ **SafeHelpline.org**

Visitors to SafeHelpline.org can search the Safe Helpline database to find useful resources at their own convenience. Using a base name, installation name, or zip code, the online database will instantly return contact information for military, civilian and Department of Veteran Affairs' resources.

➤ **Transitioning Service Members (TSMs) Resources**

Information and resources tailored to the needs of Transitioning Service Members (TSMs) are available on SafeHelpline.org. TSMs are defined as Service members separating or retiring from the U.S. Armed Forces and who are within 12 months of separation or within 24 months of retirement. Through leveraging Safe Helpline's existing infrastructure, the Department is able to present clear and easily accessible information on counseling, benefits determinations, transitions, and employment, which may enable TSMs to reach out to those resources for long-term support upon leaving the military. By bridging the gap from DoD to the VA for sexual assault victims, we provide a continuum of care to the Service member as they transition to veteran status.

Current as of June 2015