IT'S IMPORTANT TO RECOGNIZE THE IMPACT OF SEXUAL ASSAULT IN YOURSELF & OTHERS

LOOK FOR THESE SIGNS:

- Change in Work Performance
- Mood Swings
- Difficulty Sleeping
- Uncomfortable in Groups
- Troubling Memories about Incident
- Inability to Relax
- Increased Use of Alcohol
- Substance Abuse
- Challenges in Relationships

You don't have to navigate this process alone.
Connect and Find Support

Safe Helpline provides an anonymous, confidential, and secure place for support and access to military and civilian resources 24/7:

- By phone
- Online chat
- Peer-to-peer Safe HelpRoom

Safe Helpline
Sexual Assault Support for the DoD Community

safehelpline.org | 877-995-5247

Scan to Access Men’s SAPR Campaign Video Resources