



DEPARTMENT OF DEFENSE  
**SEXUAL ASSAULT PREVENTION  
AND RESPONSE OFFICE**



**DOD'S ONLINE RESOURCES:  
SUPPORT IS JUST A CALL OR CLICK AWAY**  
*SEPTEMBER 2, 2020*

The Department of Defense has many resources available to help Service members coping with an experience of sexual assault. Whether you just wish to chat with someone about your concerns or want to start the reporting process, support is just a phone call or click away.

As daily challenges continue due to the COVID-19 pandemic, the DOD wants everyone to know that assistance for sexual assault remains available for all Service members and their adult dependents. For those who wish to find a resource, talk through a crisis, or even report a crime, the following services are available to help:

**Safe Helpline**

DOD [Safe Helpline](#), established in 2011, is the sole hotline for members of the DOD community affected by sexual assault. The 24/7 Safe Helpline is a completely anonymous, confidential, and specialized service to provide help and information to members of the military community anytime, anywhere. While Safe Helpline cannot take reports of sexual assault, hotline workers can connect you directly with your local Sexual Assault Response Coordinator or Victim Advocate. In addition to providing support and resources to survivors of sexual assault, Safe Helpline serves friends and family members, intimate partners, and supports the work of military stakeholders. These resources include crisis and mental health resources available or established through the DOD, which can be accessed through the Safe Helpline 24/7.

- [Responders Near Me](#)
  - Responders Near Me is Safe Helpline's comprehensive database of military and civilian sexual assault service providers. The Responders Near Me database is a quick and easy way to facilitate contact with the appropriate and desired resources on-base or in your local area.
- [Safe HelpRoom](#)
  - Safe HelpRoom is an online group chat service that allows survivors of sexual assault in the military to connect with and support one another in a moderated and secure online environment.
- Safe Helpline App for [iOS](#) and [Android](#)
  - The Safe Helpline app is a free mobile resource created to meet the unique needs of members of the DOD community affected by sexual assault. The app can facilitate 24/7 support through the Safe Helpline phone and online helplines. The app can be especially beneficial for survivors stationed outside of the United States (OCONUS) who are facing additional limitations accessing resources.

## **Military OneSource**

While **Safe Helpline** is the place to get assistance for a sexual assault, **Military OneSource** has a variety of services for other matters, including:

- [Non-medical counseling](#)
  - Military OneSource provides non-medical counselors offering confidential sessions by secure video (Telehealth), online chat, telephone, or in person. Counselors can help with everyday stressors, feelings of isolation, and anxiety, as well as challenges due to COVID-19.
- [Military and Family Life Counseling Program](#)
  - Military OneSource links service members, their families and survivors to non-medical counseling available worldwide on military installations. This confidential non-medical counseling addresses issues such as improving relationships at home and work, stress management, adjustment difficulties, parenting, and grief or loss.
- [Resilience tools and apps](#)
  - Military OneSource offers a variety of resilience tools and well-being apps. Tap into these to help manage stress, strengthen your relationships and meet your goals. These tools include:
    - [CoachHub](#) connects you with experts who can help you set and meet goals.
    - [MoodHacker](#) lets you track, understand and improve how you're feeling.

## **Military Crisis Line**

The Military Crisis Line, text messaging service, and online chat provide free victim assistance support for all Service members, including members of the National Guard and Reserve, and all Veterans, even if they are not registered with Veterans Affairs or enrolled in VA health care.

- If you or someone you know is in crisis, contact the Military Crisis Line at 1-800-273-8255, then press 1, or access online chat by texting 838255.
- For online support: [Veterans Crisis Line](#)