

Safe Helpline: Secure, Confidential, Anonymous.

Resources for sexual assault survivors in the military

[DoD Safe Helpline](#) is a crisis support service specifically designed for members of the military community and their families affected by sexual assault. Two of Safe Helpline's services, the [Safe HelpRoom](#) and the [Self-Care App](#), move beyond crisis intervention to further support survivors as they begin working with counseling and long-term support programs.

Safe HelpRoom is an anonymous group chat service, available 24/7, which allows survivors to support one another in a safe online environment. It was created to address the unique needs of sexual assault survivors in the military, who may feel particularly isolated due to frequent deployments and the life/work situation on base. It aims to allow survivors to connect and chat with each other while maintaining user anonymity and confidentiality.

[Take a tour](#) of Safe HelpRoom.

The Safe Helpline Self-Care App is specifically designed to help military sexual assault survivors manage some of the long-term effects of sexual assault. The app allows users to create a customized self-care plan and utilize specially designed self-care exercises directly from their mobile device. Designed to supplement on-going counseling programs, the self-care plan results are saved on the App and can be used by the survivor to identify trends in his or her recovery. The App also allows users to access all of the other Safe Helpline services ([Telephone Helpline](#), [Online Helpline](#), [Safe HelpRoom](#), and [the sexual assault support services resource database](#)) quickly and easily through a mobile friendly platform.

Download the self-care app on your [Apple](#) or [Android](#) mobile device for free.

To learn more about supporting survivors of sexual assault in the military and the resources available to them visit <https://safehelpline.org/> or email Safe Helpline at outreach@safehelpline.org.

Department of Defense (DoD) Safe Helpline provides confidential crisis support and information for members of the DoD community affected by sexual assault. You can get the help you need — while remaining anonymous. Safe Helpline services are provided by the DoD Sexual Assault Prevention and Response Office (SAPRO) and are operated through a contract by the Rape, Abuse & Incest National Network (RAINN) - the nation's largest anti-sexual violence organization.