

# Safe HelpRoom

**Safe HelpRoom is a 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.**

- ✓ Survivors can access Safe HelpRoom at [safehelproom.org](https://safehelproom.org).
- ✓ Topic-specific sessions twice a month.
- ✓ Safe Helpline staff members moderate sessions, ensuring adherence to Ground Rules to protect the anonymity and safety of participants, providing referrals, and focusing conversation on survivor needs

## Men's Safe HelpRoom

Men's Safe HelpRoom sessions provide a space where male survivors of sexual assault can connect with one another to provide and receive support.

- Sessions are on **Sundays from 1pm to 3pm ET** and accessible at [safehelproom.org](https://safehelproom.org).
- These sessions are **an additional opportunity** for men to be able to explore their experiences.
- Men are always welcome in any **Safe HelpRoom** session.

## Local Safe HelpRoom

To help support the work of local SAPR Programs, Local Safe HelpRoom allows D-SAACP certified SARCs and SAPR VAs to host their own online Safe HelpRoom group chats without geographic or other limitations.

- Learn more at [safehelpline.org/lshr](https://safehelpline.org/lshr)
- Local Hosts will be able to offer tailored assistance for their community with **individual topics, convenient times, and more**
- **Online training** and tools provided

**877-995-5247 | [SafeHelpline.org](https://SafeHelpline.org) | [SafeHelpRoom.org](https://SafeHelpRoom.org)**

Safe Helpline is available worldwide and is operated by RAINN, a national anti-sexual violence organization, through a contract with the DoD Sexual Assault Prevention and Response Office (DoD SAPRO). RAINN will not share your name or any other personally identifying information with DoD or your chain of command.