

# Transitioning Out of the Military?

**Safe Helpline has a comprehensive database of DoD, Veterans Affairs, and civilian resources to support those transitioning out of the military.**

- ✓ Search for resources near you using a base/installation name or zip code. Refine your results by selecting specific types of resources and responders such as "employment assistance" or "Veteran Support."
- ✓ Access to DoD, Veterans Affairs, or civilian sexual assault service providers.
- ✓ Available online at **SafeHelpline.org/tsm-search**, through the **Safe Helpline App**, or by **text at 55-247** (inside the U.S.) or 571-470-5546 (outside the U.S.).
- ✓ Encourage local civilian sexual assault service providers to learn about how to support survivors transitioning out of the military with Safe Helpline's Self-Paced Educational program **Transitioning Service Members: An Educational Module for Civilian Sexual Assault Service Providers (SASPs)**.

## How Might a Sexual Assault Affect a Transition?

The transition process is full of physical changes, like relocating, and emotional changes, such as saying goodbye to your fellow Service members and establishing new support networks. The transition experience may trigger or increase stress responses for some Service members.

Having help navigating what resources are available to those transitioning out may ease the stress of the transition process.

## What Resources are Available?

Resources are available in the following categories:

- Accessing Benefits
- Disability Assistance
- Medical Health Care
- Employment Assistance
- Education and Training Assistance
- Housing Assistance
- Veterans Support
- Transition Assistance Programs

**877-995-5247 | SafeHelpline.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.