



Resiliency and Connection through Self-Care

Self-Paced Educational Module

DoD Safe Helpline Info Paper

Updated April 2021

safehelpline.org      877-995-5247

What is *Resiliency and Connection through Self-Care*?

Resiliency and Connection through Self-Care is a self-paced, online, educational module developed by Safe Helpline to support survivors of sexual violence in the Department of Defense (DoD) community.

This module is eligible for one-hour of D-SAACP credit.

Background

Managing the effects of trauma can be difficult. This module will explore healthy coping strategies for self-care. As a part of this module, survivors will be able to develop a self-care plan.

Goals of the Module

As a result of this self-paced educational module, you will be able to:

- Recognize the role of resiliency and connection that can help manage the effects of sexual violence.
- Identify multiple self-care strategies to promote resilience and connection.
- Develop a personal self-care plan.

What Can I Expect When Participating in the Module?

This module includes four lessons on self-care:

- Lesson 1 focuses on managing the effects of sexual violence.
- Lesson 2 answers the question: What is self-care?
- Lesson 3 explores self-care strategies.
- Lesson 4 supports you in developing your own self-care plan.

Each lesson will build upon the information learned in the previous lesson. Please note that this module contains content about sexual violence that may be difficult to hear. Feel free to step away and return to the training at any time. Additionally, the benefits of self-care can be more effective in conjunction with clinical therapy and treatment. This module is not designed to replace clinical therapy and treatment. If you or someone you know is in crisis, contact the Military Crisis Line at 800-273-8255, then press 1, or access the online chat by texting 838255.

How Can a User Access the Online Program?

Users can access all Safe Helpline Self-Paced Educational Programs anonymously at SafeHelpline.org/education or via the [Safe Helpline app](#). To take this course for one hour of D-SAACP continuing education credit, please visit [Safe Helpline's Education Portal](#).



What is DoD Safe Helpline?

The Department of Defense (DoD) [Safe Helpline](#) is the Department's sole secure, confidential, and anonymous crisis support service specially designed for members of the DoD community affected by sexual assault. Safe Helpline is available 24/7, worldwide. The DoD Safe Helpline staff provides live, one-on-one support to survivors, their families, and other DoD stakeholders. It is operated by [RAINN](#) (Rape, Abuse & Incest National Network), a national anti-sexual violence organization, through a contract with the [Department of Defense Sexual Assault Prevention and Response Office](#) (DoD SAPRO).

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