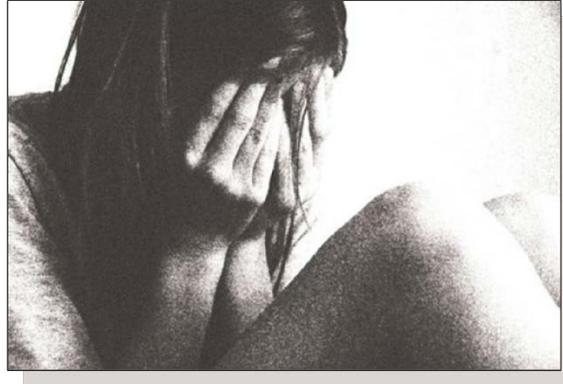




Taking Action

If You Were Recently Sexually Assaulted:

- **Get to a safe place.**
- **Call 911—if you need immediate medical help.**
- **Call the DoD Safe Helpline (877) 995-5247 anytime to get confidential support and get connected to your local Sexual Assault Response Coordinator (SARC) or Victim Advocate (VA).** *You do not have to report what happened.*
- **Get medical care as soon as possible.** Even if you're not hurt, you need medical help to protect your health. While you may not have visible physical injuries, you may be at risk of a pregnancy or sexually transmitted disease.
 - Ask health care personnel to conduct a sexual assault forensic examination (SAFE) to preserve evidence of the assault, even if you're unsure whether to report the incident.
 - If you think you've been drugged, ask if you can provide a urine sample.
- **Save all evidence of the assault, even if you're unsure whether to report it.** Avoid bathing, washing your hands or brushing your teeth before seeking medical care. Do not clean or straighten up the scene.
- **Write down or record any details you remember about the assault and your assailant.**
- **Restricted and unrestricted reporting options are available.** Your SARC or victim advocate can explain these reporting options to you. You don't have to report right away, but you should save all evidence and seek medical care.





Taking Action

When to Seek Immediate Help:

After a sexual assault or harassment your feelings may alternate between anger, sadness, anxiety, and numbness (feeling nothing at all). It's normal to feel overwhelmed. These strong feelings don't mean that something is wrong with you or that you will never recover. These experiences may last a few days or weeks.

You should seek help immediately if you have **any** of the following reactions:

- Suicidal thoughts
- Irregular heartbeat
- Cutting or other self-destructive behavior
- Homicidal thoughts
- Extreme nausea or persistent vomiting
- Bleeding
- Intense, new or unexplained pain

For Immediate Help:

- **CALL 911 (inside the U.S.) if you are in immediate danger or need immediate medical assistance.**
- **DoD Safe Helpline: 877-995-5247**
- **Defense Centers of Excellence (DCoE) Outreach Center: 866-966-1020**



Get medical care as soon as possible, even if you are not hurt.



Taking Action

Resources

Listed here are resources to find information about sexual trauma in the military and other resources for support:

DoD [Safe Helpline](https://safehelpline.org/understanding-sexual-assault.cfm): 877-995-5247 (<https://safehelpline.org/understanding-sexual-assault.cfm>) provides confidential sexual assault support for the DoD community

- Find a Sexual Assault Response Coordinator (SARC) on Safe Helpline's website [here](http://www.safehelpline.org/search.cfm) (www.safehelpline.org/search.cfm)
- Safe Helpline support is available on this free [app for iOS](https://itunes.apple.com) ([itunes.apple.co](https://itunes.apple.com)) or [Android](https://play.google.com/store) (play.google.com/store)

DoD [Sexual Assault Prevention and Response Office](http://www.sapr.mil/) (SAPRO) (www.sapr.mil/) provides information about DoD policies and programs for sexual assault prevention and response.

[Defense Centers of Excellence \(DCoE\) Outreach Center](http://www.dcoe.mil/Families/Help.aspx): 866-966-1020

(www.dcoe.mil/Families/Help.aspx) provides free, confidential, customized information by licensed, health resource consultants trained in psychological health and traumatic brain injury provide

MyDuty.mil provides guidance on what to do immediately after a sexual assault, how to report an assault and reporting options

[Military OneSource](http://www.militaryonesource.mil): (800) 342-9647 (CONUS) (<http://www.militaryonesource.mil>)

- **Instructions for international (OCONUS) calls can be found [here](#).**
- Military OneSource **requires you to identify yourself** to access services and is obligated to report any sexual assault incidents to DoD command and/or your military service.

Find a Military Treatment Facility: [Tricare](http://tricare.mil/mtf.aspx) (tricare.mil/mtf.aspx)



Taking Action

Support for veterans

Free, confidential treatment for mental and physical health conditions related to sexual assault occurring while in the military is available through these services. You do not need a VA disability rating to obtain these free services. You are not required to make an incident report or provide documentation to receive these services.

- **Veterans 24-hour crisis helpline:** Call **800-273-TALK** for **free** support for sexual assault.
- www.mentalhealth.va.gov/msthome.asp: This resource provides information about the VA's sexual violence-related services, and to access MST related articles, fact sheets, and additional resources.
- VA and Vet Center services and health care: Call the VA's general information hotline at 800-827-1000, or contact the VA help online at www.va.gov and www.vetcenter.va.gov.
- To access free VA medical center services for MST-related physical and health conditions, you can:
 - Contact the MST Coordinator at your local facility;
 - Ask your existing VA health care provider for a referral for MST services;
 - Contact the OEF/OIF program manager at your local VHA facility if you are a veteran who was deployed to Iraq or Afghanistan;
 - Obtain additional information about services and options for accessing care at www.mentalhealth.va.gov/msthome.asp and via VA's general information hotline [\(1-800-827-1000\)](tel:1-800-827-1000).

For non-military services and support

- **SAMSHA Helpline: 800-662-HELP (4357)** for non-military agency support.
- **[National Sexual Assault Hotline: 800-656-HOPE \(4673\)](tel:800-656-HOPE)**
Support resource operated by the non-profit private organization [RAINN](http://www.rainn.org) (Rape, Abuse & Incest National Network) (www.rainn.org)

For more information:

- National Center for PTSD Fact Sheet: "What is MST?" at: <http://www.ptsd.va.gov/>
- US Department of Defense Sexual Assault Prevention and Response: www.sapr.mil