



# Safe Helpline App

Free support anytime, anywhere for survivors of sexual assault

**PIN-protected self-care plans, exercises, and journaling to help with trauma.** ☒

**Secure, confidential, and anonymous.** ☒

**Easily connect to all of Safe Helpline's support services.** ☒

[safehelpline.org](https://safehelpline.org)

Download on the App Store or get it on Google Play.



# Need a self-care break?

Check out the Safe Helpline app for exercises,  
journaling prompts, and a digital coloring book!

Find local resources online, by text, and through the app.  
Text 55-247 (CONUS) or 001-202-470-5546 (OCONUS).

DoD Safe Helpline is operated by RAINN on behalf of the Department of Defense. RAINN will not share your name or any other personally identifying information with DoD or your chain of command.