



Safe HelpRoom



Peer-to-Peer Support
SafeHelpRoom.org

877-995-5247 | SafeHelpline.org | SafeHelpRoom.org

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<https://safehelpline.org/safe-helproom>

DoD Safe Helpline

 RedDog1

I've never reached out like this... What exactly is the Safe HelpRoom?

 Moderator John

Safe HelpRoom is a secure and anonymous online group chat for survivors of sexual assault in the military. Discussions are confidential and moderated by a trained professional like me.

 BlueElephant23

Here we can find support when we may not have access to our usual networks. This is a safe place to share our experiences and learn coping strategies, particularly if we aren't ready to talk to others in-person about what happened.

 RedDog1

Thanks for explaining that. I'm glad I'm here.