

Safe Helpline App

The Safe Helpline app is a free mobile resource created to meet the unique needs of members of the Department of Defense community affected by sexual assault.

- ✓ Free mobile resource that connects users to Safe Helpline services, including the Telephone and Online Helplines, which are available 24/7.
- ✓ Get information and resources to help address short and long-term effects of sexual assault through Safe Helpline's Self-paced Educational Programs.
- ✓ Search Safe Helpline's Responder Near Me and Transitioning Service Member databases.
- ✓ Practice self-care with relaxation exercises and personalized self-care plans.
- ✓ Connect to Safe Helpline's peer-to-peer online group chat service Safe HelpRoom.
- ✓ Available to download for free on the App Store and Google Play.

Addressing Geographic Barriers

For many survivors stationed outside of the continental United States (OCONUS) or in areas with unreliable access to cellular service, additional limitations may arise when accessing resources. Visitors can access the Telephone Helpline using wifi through the Safe Helpline App.

The Safe Helpline app is designed to give survivors access to a variety of support services and self-care exercises in a free, and convenient way.

Self-Care

Self-care can help you process and stay grounded when experiencing difficult emotions.

On the Safe Helpline App, you can access PIN-protected self-care exercises including:

- journal prompts
- a coloring book
- breathing exercises
- personalized self-care plans

You may view your self-care plans and exercises at any time, even without an internet connection.

877-995-5247 | [SafeHelpline.org](https://www.SafeHelpline.org)

Safe Helpline is available 24/7, worldwide and is operated by RAINN, the nation's largest 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.