

# Self-Paced Educational Programs

Safe Helpline offers unique online programs to help those looking for support or information related to sexual assault.

## What Resources are Available?

Each program was built with a particular audience in mind, but all programs provide valuable information for anyone looking to learn more about sexual assault, its effects, and the support available.



## Accessing the Modules

You can take these programs **anonymously** by visiting [safehelpline.org/education](https://safehelpline.org/education) or through the Safe Helpline app.

Register via the website with a valid military email address to receive 1 hour of D-SAACP credit for programs marked with an asterisk.\*

- Safe Helpline 101:\*** This module provides an overview of Safe Helpline, including services offered, information about the secure technology platform, and steps taken to protect the anonymity and confidentiality of users.
- Building Hope and Resiliency: Addressing the Effects of Sexual Assault:\*** This module seeks to help survivors begin to recover, heal, and build resiliency after a sexual assault. Throughout the module, users will be given mini-assessments to gauge their current coping skills and are provided with information about additional support and resources available
- How to Support a Survivor:\*** This module provides information that can help friends, family members, and colleagues of survivors of sexual assault support the course of a survivor's recovery.
- Suicide 101: Responding to Suicidal Ideation Among Survivors of Sexual Assault:\*** This module introduces SARCs and SAPR VAs to useful tools for conducting a suicide risk assessment and identifying appropriate follow-up steps, as well as connecting survivors to long-term support resources.
- Transitioning Service Members: An Educational Module for Civilian Sexual Assault Service Providers (SASPs):** This module provides SASPs information on military structure and culture, the transition process, additional needs for those leaving the military, and available resources to address those needs.

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