



## DoD Safe Helpline Mobile Application

*The App for Military Sexual Assault Survivors*

### Overview

The Department of Defense (DoD) Safe Helpline Mobile Application (app) is designed specifically for military sexual assault survivors. Available to adult Service members of the DoD community, including Transitioning Service Members<sup>1</sup>, the app enables mobile device users to access critical resources and manage the short- and long-term effects of sexual assault. The new app offers four key features: Find Support, Learn, Plan, and Exercises.

### Find Support

The Safe Helpline mobile app enables users to connect with live sexual assault professionals via phone or anonymous online chat from their mobile devices. Users can also navigate transition-related resources (e.g., disability assistance, medical benefits, housing help, and employment assistance), or search for resources near their base or installation.

### Learn

This new mobile app is designed to help users understand sexual assault prevention and recovery. Users can learn what to do in the event of a sexual assault, the common mental health effects of sexual assault, and risk reduction tips. This tool also includes information for Transitioning Service Members who are seeking assistance following a sexual assault and may be unaware of the options and resources available to them upon leaving the military.

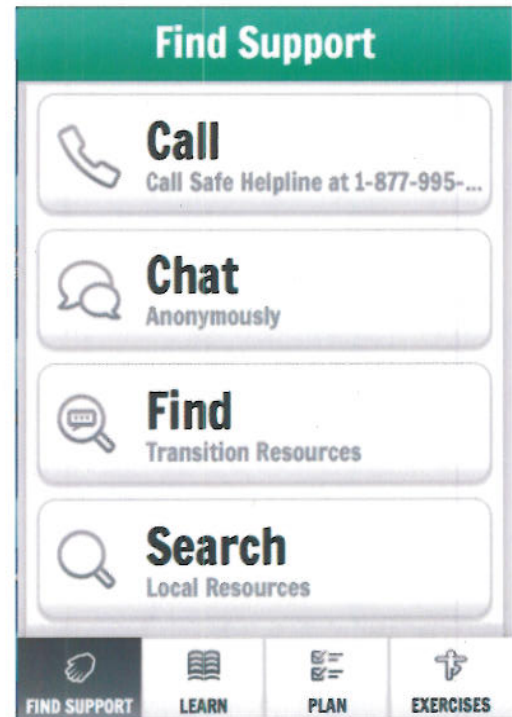
### Plan

Creating and implementing a recovery plan can be quite beneficial for sexual assault survivors. Users of the Safe Helpline mobile app have the option to record how they are feeling and create tailored self-care plans. The user is asked questions regarding how often they experience sadness, anxiety, sleep problems, disconnection, and triggers. Based on responses, the user is provided with a customized self-care plan with a list of suggested resources and exercises.

### Exercises

The app includes a list of breathing, stretching, and visualization techniques that can reduce anxiety, stress, depression, and symptoms of post-traumatic stress. Exercises are customizable and can be marked as a “favorite” for future use and replayed as needed. The Safe Helpline mobile app is for short-term self-care and is not to be used as a substitute for professional medical advice or a mental health treatment plan.

*The DoD Safe Helpline mobile app is free and available for download from the Apple and Android app stores. It is an extension of the DoD Safe Helpline, a crisis support service for adult Service members of the DoD community affected by sexual assault. Safe Helpline provides live, one-on-one expert advice and information. Available worldwide, 24/7, users can click [www.SafeHelpline.org](http://www.SafeHelpline.org), call 877-995-5247, or text 55-247 (inside the U.S.) or 202-470-5546 (outside the U.S.) for anonymous and confidential support. Safe Helpline is administered by DoD via a contract with the non-profit Rape, Abuse & Incest National Network (RAINN), the nation's largest anti-sexual violence organization.*



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Current as of July 2012

<sup>1</sup> Transitioning Service Members are those Service members who are within 12 months of separation or within 24 months of retirement from the U.S. Armed Forces as a result of voluntary or involuntary retirement; end of Service commitment; a medical discharge; voluntary or involuntary discharge; and/or release from Active Duty.