

Safe Helpline

Safe Helpline is the Department of Defense's (DoD) sole 24/7, confidential, anonymous, and secure hotline for members of the DoD community affected by sexual assault



Telephone Helpline

877-995-5247

Speak directly with a Safe Helpline staff member over the phone, 24/7.



Online Helpline

SafeHelpline.org

Access one-on-one, anonymous, and secure support, 24/7, through Safe Helpline's online chat portal.



Safe Helpline App

Download on the App Store and Google Play

Create a personalized self-care plan, access self-care exercises, and access other Safe Helpline services via an easy-to-use free mobile app.



Self-paced Educational Programs

SafeHelpline.org

Learn more about issues related to sexual assault, the services Safe Helpline offers, and how to support a friend or loved one. Some programs are eligible for D-SAACP credit.



Responders Near Me Local Responders and Resources

Receive information about local responders and resources, anytime, anywhere via SafeHelpline.org, via text (55-247 CONUS and 571-470-5546 OCONUS) and on the Safe Helpline app.



Safe HelpRoom

SafeHelproom.org

Connect with other survivors of sexual assault through Safe HelpRoom- a secure, anonymous, and moderated topic-specific group chat service. Learn about upcoming sessions at SafeHelpline.org/safe-helproom. Sessions just for men are also available every Sunday from 1300-1500 ET.

877-995-5247 | SafeHelpline.org

Safe Helpline is available worldwide and is operated by RAINN, a national 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.