

If you are a victim of
Sexual Assault,
it's not your fault!

**Help is just
a call, text or
click away**

Live crisis support is
available 24/7
at the DoD Safe Helpline
Call: **1-877-995-5247**

Text: **55247**

Text (overseas): **202-470-5546**

Chat: **www.safehelpline.org**

 **USAPHC**
U.S. ARMY PUBLIC HEALTH COMMAND



U.S. ARMY

Sexual Assault: Unwanted, coerced sexual contact. Physical contact can range from touching to rape.

Coercion can be:

- » Physical force
- » Threat of harm
- » Abuse of authority
- » When the victim does not consent or cannot consent

What should I do?

- » Get to a safe place.
- » Seek medical care. You may be at risk for pregnancy or a sexually transmitted infection.
- » If you need immediate medical attention, call 911. This will trigger an investigation.
- » To protect evidence, do not shower, wash your hands, eat, drink, brush your teeth, or change your clothes.
- » Do not clean or straighten up the crime scene.

Reporting options

» **Report the crime:**

You may report the crime to law enforcement or to your chain of command. This will trigger an investigation.

» **Request confidential counseling or make a restricted report:**

- Contact your unit or installation sexual assault response personnel OR
- Contact a health care provider who provides direct patient care

Be sure to contact these people DIRECTLY, others are not required to protect your privacy.

These people will act as victim advocates and will help you seek counseling, medical care and other support without triggering an investigation.

Anyone who is eligible to use a military medical treatment facility can submit a restricted report.