It’s not easy to know what to say when someone tells you they’ve been sexually assaulted. It can be very difficult for them to share, so we encourage you to be as supportive and non-judgmental as possible.

**If reporting directly to you:**
- Ensure they are safe. If their safety is still threatened, contact military or civilian law enforcement as soon as possible.
- Ask if they would like to seek medical care. If emergency medical care is required, call 911; otherwise, help them get to a medical provider as soon as possible.
- Other than safety and health-related questions, refrain from asking for details.
- Be supportive. Ask what you can do to help. Do not assume you know what is best. Support their right and ability to make their own decisions.
- Encourage them to contact the SARC, SAPR VA, or DoD Safe Helpline for information about reporting options and local resources. They also can contact a local crisis center.

**How you can help:**
- Support them as they go through the recovery process. Be available to listen, and be patient with the person's duty performance as they recover.
- Recognize they may have necessary appointments and ensure only those with a legitimate need know why they are absent.
- Remind them that the assault is something that happened to them; it doesn’t define them as a person, or an employee.

**What to avoid:**
- Avoid taking control of the situation. Allow them to have control over their own decisions.
- Avoid treating them as if they are broken/damaged.
- Avoid predicting timelines for their recovery (i.e., three months, six months, or one year).
**Who can I call, without involving my Command or Police? (Confidential Care)**

- **Navy** (202) 685-0440
- **Marine Corps** (703) 693-4733

**SAPR Victim Advocate (VA)**

- **Navy** (202) 258-3696
- **Marine Corps** (571) 205-1298

**DoD Safe Helpline / RAINN National Hotline**

- **Military**
  - Live 1-on-1 Help
  - Confidential
  - Worldwide 24/7

  - When you don’t know what to do or who to talk to, contact Safe Helpline for confidential sexual assault support...24/7, worldwide access to trained professionals.

  - **Click** www.SafeHelpline.org
  - **Call** 877-995-5247
  - **Text** 55-247 (inside the U.S.) 202-470-5546 (outside the U.S.)

  - Test your location for the nearest support resources.

  - Want to go mobile? Download the free DoD Safe Helpline app, visit the App Store or Google Play.

**Civilian Employee Assistance Program**

- **Navy** (844) 366-2327
- **TTY** (888) 262-7848
- **DONCEAP.foh.psc.gov**

**NAF—Navy** (800) 932-0034
eapinfo@acispecialtybenefits.com
www.acispecialtybenefits.com

**NAF—USMC** (800) 424-5988
www.magellanassist.com

**Chaplain / Local Clergy**

- **Office of the Pentagon Chaplain**
  - (703) 695-3336
  - Room 1E443

**Am I required to tell my supervisor?**

As a civilian, you are NOT required to tell your supervisor. If you choose to inform them, be advised they are required to report the crime to Command leadership.

**What services am I eligible for?**

- Limited services by your SARC and SAPR VA.
  - This includes immediate support and a referral/connection to civilian services.
- Civilian Employee Assistance Program (CEAP)
- Civilian Medical Provider
- Local Crisis Centers

**NOTE:** Civilians who are also Reservists or Military Dependents may have additional resources and services available. Contact your SARC or SAPR VA for more info.

* Available 24/7

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The Safe Helpline is operated by the Rape, Abuse, & Incest National Network (RAINN), which also operates the National Sexual Assault Hotline.

**COMMUNITY RESOURCES**

- **Virginia**—ACTS Sexual Assault Services  
  - (703) 368-4141
- **Maryland**—Montgomery County Victim Assistance & Sexual Assault Program  
  - (410) 997-2272
- **DC**—DC Rape Crisis Center  
  - (202) 333-RAPE

To search online for your local sexual assault support provider, please visit: centers.rainn.org

Note: This does not constitute endorsement by DON of these resources. Although recommended by RAINN, DON does not exercise control over the information or services you may find at these locations.