



# ARMY RESILIENCE DIRECTORATE



**SHARP**  
SEXUAL HARASSMENT/ASSAULT  
RESPONSE AND PREVENTION

## FACTSHEET

UPDATED DECEMBER 2020

# HELP FOR SOLDIERS (AND MILITARY DEPENDENTS 18+)

## IF YOU HAVE BEEN SEXUALLY ASSAULTED



### GO TO A SAFE LOCATION AWAY FROM THE PERSON WHO SEXUALLY ASSAULTED YOU

If you're in immediate danger, CALL 911 (inside the U.S.) or your installation's emergency services.

Please know what happened isn't your fault. Nothing you did or didn't do caused this to happen.



### CONSIDER SEEKING MEDICAL CARE

Seeking medical care may not feel like a priority, especially if you don't have visible physical injuries.

However, it can be helpful to receive medical care and/or a sexual assault exam to assess for less visible injuries and risks for sexually transmitted disease or pregnancy.



### GET HELP – YOU DON'T HAVE TO GO THROUGH THIS ALONE

If you aren't sure what to do or just want someone to talk to, contact DoD Safe Helpline: 1-877-995-5247.

You can also reach out to the service providers listed on the back of this fact sheet under "Who can help?". You can receive contact information for these providers by contacting DoD Safe Helpline or visiting the DoD Safe Helpline website: [www.safehelpline.org](http://www.safehelpline.org)

## SOLDIERS HAVE OPTIONS ABOUT HOW TO REPORT

### Restricted Report

Confidentially disclose the assault to a SARC or VA without notifying your command or law enforcement. Receive healthcare, advocacy services, and legal advice. You may change a Restricted Report to an Unrestricted Report at any time.

### Unrestricted Report

Receive healthcare, advocacy services, legal advice, and initiate a criminal investigation. Your chain of command will be notified, and you may request protective and support measures like Expedited Transfers or Military Protective Orders.

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[www.armyresilience.army.mil](http://www.armyresilience.army.mil)

## HELP FOR SOLDIERS (And Military Dependents 18+)

### WHO CAN HELP?

#### SEXUAL ASSAULT RESPONSE COORDINATOR (SARC)

Soldier or Civilian who oversees sexual assault awareness, prevention, and response training; coordinates medical treatment, including emergency care, for victims of sexual assault; and tracks the services provided to a victim of sexual assault from the initial report through final disposition and resolution. Conversations with SARCs are confidential. SARCs can take Restricted and Unrestricted Reports of sexual assault.

#### VICTIM ADVOCATE (VA)

Soldier or Civilian who provides non-clinical crisis intervention, information on available options and resources, and ongoing non-clinical support to victims. Conversations with VAs are confidential. VAs can take Restricted and Unrestricted Reports of sexual assault.

#### SPECIAL VICTIMS' COUNSEL (SVC)

Military attorney who assists you in a confidential, attorney-client relationship, whether or not you choose to file a report. SVCs can't take a report of sexual assault.

#### HEALTH CARE PROVIDER

A privileged health care provider who has been designated for Clinical Services, to manage sexual assault patient's medical treatment related to the sexual assault incident from initial presentation to completion of all follow-up visits.

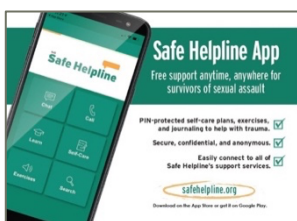
#### CHAPLAIN

Military officer who provides confidential, spiritual advice and the opportunity to privately discuss your concerns, even if you aren't religious. Conversations with a chaplain are confidential and protected by military law. Chaplains can't take a report of sexual assault.

#### VICTIM WITNESS LIAISON (VWL)

Specially trained legal worker who supports the military prosecutor throughout the courts-martial process. They can help you get to military proceedings, arrange for transportation, and apply for crime victim's compensation. Conversations with VWLs aren't confidential. VWLs can't take a report of sexual assault.

#### DoD SAFE HELPLINE APP



The Safe Helpline App is a free mobile resource created to meet the unique needs of members of the Department of Defense community affected by sexual assault. By downloading the App, you can access 24/7 support through the Safe Helpline phone and on-line website and helplines. You can also obtain information, resources, and practical exercises to help address the short- and long-term effects of sexual assault so you can manage your self-care.

**WWW.ARMYRESILIENCE.ARMY.MIL/SHARP**

**DOD SAFE HELPLINE: 1-877-995-5247**

**WWW.SAFEHELPLINE.ORG**