

I Have Been Assaulted

If you have been, or think you have been, sexually assaulted:

1. Go to a safe location away from the perpetrator.
2. Preserve all evidence of the assault. Do not bathe, wash your hands or brush your teeth. If you are still where the crime occurred, do not clean, or straighten up, or remove anything from the crime scene.
3. Contact a Sexual Assault Response Coordinator (SARC) or Victim Advocate (VA) at 229-881-3883.
 - Local information provided by your Military Service or Hotline Number
 - Contact DoD Safe Helpline for Restricted or Unrestricted reporting by a trained professional
 - Call: 877-995-5247 (DSN line as well)
 - Click and/or chat: <http://www.safehelpline.org>
 - Text: 55-247 CONUS or 202-470-5546 OCONUS (*International fees apply*)
 - Contact Military One Source 24/7
 - Stateside: 1-800-342-9647
 - Overseas: 00-800-3429-6477
 - Overseas Collect: 1-484-530-5908
4. Seek medical care as soon as possible. Even if you do not have any visible physical injuries, you may be at risk of becoming pregnant or acquiring a sexually transmitted disease.
 - Ask the health care personnel to conduct a sexual assault forensic examination to preserve forensic evidence.
 - If you suspect you have been drugged, request that a urine sample be collected.
5. Write down, tape or record by any other means all the details you can recall about the assault and your assailant.

Note: Rape, Abuse and Incest National Network (RAINN) provides support for sexual assault victims and their loved ones through two hotlines at 800.656.4673 and online.rainn.org. RAINN has services that can guide you in your recovery, and direct you to a rape crisis center near your area. It is free and confidential 24/7.