

# STEPS DON CIVILIANS MAY TAKE AFTER SEXUAL ASSAULT



It can be difficult to confide in others about your experience. Sexual Assault Response Coordinators (SARCs), Sexual Assault Prevention and Response Victim Advocates (SAPR VAs), the Department of the Navy Civilian Employee Assistance Program (DONCEAP) and the DoD Safe Helpline are available when you are ready. These resources can help you navigate next steps and find the care and support needed to heal.

**Sexual Assault** is intentional sexual contact, characterized by the use of force, threats, intimidation, or abuse of authority when the victim does not or cannot consent. This includes a broad category of sexual offenses consisting of the following specific UCMJ offenses: rape, sexual assault, aggravated sexual contact, abusive sexual contact, forcible sodomy (forced oral or anal sex), or attempts to commit these offenses. (DoDI 6495.02)

## ► Where to get help

- Each installation has a **Sexual Assault Prevention and Response Office**, SAPR Victim Advocates, and a 24/7 support line.

- **The DoD Safe Helpline** offers live, one-on-one support and information. Services are confidential, anonymous, secure, and available worldwide 24/7. Call **1-877-995-5247** or visit **SafeHelpline.org**.

The DoD Safe Helpline connects users with SARCs, SAPR VAs, Chaplains, legal support, medical and behavioral healthcare services, military police, local civilian sexual assault service providers, and many others.

- **The Department of the Navy Civilian Employee Assistance Program (DONCEAP)** provides confidential, free, and compassionate care and resources any time – day or night. Call **1-844-DON-CEAP (1-844-366-2327)**, TTY **1-800-635-2883**, or visit **MagellanAscend.com**.
- Community-based, confidential resources are also available by contacting your **local rape crisis center** directly.

## ► How to report sexual assault?

- Contact your local law enforcement to report a sexual assault.

DoD  
**Safe Helpline**  
Sexual Assault Support for the DoD Community  
[safehelpline.org](https://safehelpline.org) | 877-995-5247

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