



No matter your status or location, you are eligible for:

- Examination by a health care provider to assess and treat you on an emergency basis for physical and psychological injuries you may have sustained and provide you referrals for additional care you may need.
- Formal Sexual Assault Forensic Examination (SAFE) may collect evidence to include specimens and photos. Testing, preventative treatment and follow-up care for sexually transmitted diseases or infections and/or pregnancy will be provided.



Released April 2019. This product is reviewed annually and is current until superseded.

Sexual Assault Health Care Support for Patients

If you have been sexually assaulted or experienced other forms of unwanted sexual behavior, your health is a top priority. It's important that you access the care you need as soon as possible.

This pamphlet will explain the health care resources and reporting options available to you.

Eligibility and Care

{ Am I eligible for health care after a sexual assault? }
{ What kind of health care will I be offered? }

YES! Every person who is sexually assaulted can receive emergency care at no cost. Follow-up services may include speaking with a behavioral health specialist or chaplain.

I am an active-duty service member.

Whether you are in the continental United States (CONUS) or outside the continental United States (OCONUS), you and your dependents can receive emergency services and follow-up care at any military treatment facility (MTF). You will also receive the services of a SARC, SAPR VA and SVC/VLC.

I am a civilian employee.

CONUS: You and your family members are eligible for emergency care at an MTF.

OCONUS in support of a mission: You and your family members are eligible for emergency care at an MTF, and you can receive the services of a SARC and SAPR VA.

I am a contractor.

CONUS or OCONUS in support of a mission: You are eligible for emergency care at an MTF.

I am a retiree or member of the National Guard or reserves.

You are entitled to emergency care and may be eligible for additional services.

I am a dependent.

You are eligible to receive emergency care at an MTF. Your provider will refer you to follow-on care, which may include referral to a Domestic Abuse Victim Advocate (DAVA) or Family Advocacy Program.

Crisis Hotlines

DoD Safe Helpline
Sexual Assault Support for the DoD Community
safehelpline.org • 877-995-5247

National Domestic Violence Hotline
thehotline.org • 800-799-7233
(TDD: 800-787-3224)

Military Crisis Line
For help with posttraumatic stress disorder, stress, anxiety, relationships and other concerns
militarycrisisline.net • 800-273-8255 (press 1)

Cut this card off and keep in your wallet as a quick reference to support systems, resources and information.

Issued by the Office of the Assistant Secretary of Defense for Health Affairs

Reporting Options { Do I have to disclose a sexual assault to receive care? } { What types of reporting are there? }

You do not have to tell law enforcement or your commander about your sexual assault to receive care and other forms of assistance.

Unrestricted Report: When you make an unrestricted report to health care personnel, DoD law enforcement begins an investigation. If you are an active-duty service member, your command and a SARC are notified. Once you've made an unrestricted report you cannot change it to a restricted report. Unrestricted reporting is your only option if you are a DoD civilian employee or a DoD contractor.

Restricted Report: As a military member or family member over the age of 18, you may choose to confidentially disclose a sexual assault to specific individuals (SARC, SAPR VA or health care personnel). If you make a restricted report, it does **NOT** trigger an

investigation by DoD law enforcement. Your disclosure will be kept confidential and you may still elect to have a forensic medical examination. You may change your option to unrestricted at a later date.

Required Legal Reporting: If you are younger than 18, have a disability, or are incapacitated, doctors or other providers are required by law to report an assault to the authorities. State laws vary on who is required to report and the types of assault that must be reported.

Coping { What coping strategies should I use? }

Healthy coping strategies are essential to recovering from the trauma of a sexual assault. During this critical recovery time, focus on taking care of yourself.

- Maintain a sleep schedule that provides a sufficient amount of sleep
- Keep crisis hotlines and resource information handy in case of an emergency
- Reach out to friends, family and/or fellow service members to express your feelings and receive support in ways you feel comfortable
- Refrain from alcohol use, especially if used to calm nerves, relax or try to forget about the incident
- Engage in aerobic exercise and enjoyable activities or hobbies to help reduce upsetting symptoms
- Seek care from a professional if psychological health symptoms persist and impact your daily life



Common Terms and Support Specialists You Should Know

Sexual Assault

A range of crimes that includes unwanted sexual contact or penetration of the mouth, anus or vagina by force, threats, intimidation or abuse of power, when the survivor did not or could not consent. These behaviors may also take the form of hazing or bullying.

Sexual Assault Forensic Examination (SAFE)

A voluntary forensic medical examination conducted by a trained health provider that will preserve evidence of a sexual assault that can be used in criminal proceedings. It also includes a medical history.

Sexual Assault Medical Forensic Examiner (SAMFE)

A health care provider who is trained and authorized to conduct a SAFE.

Sexual Assault Response Coordinator (SARC)

A person who coordinates and manages care for a survivor of sexual assault throughout the investigation and recovery.

Domestic Abuse Victim Advocate (DAVA)

A person who coordinates and manages care for a survivor of sexual assault that occurs within a family or between intimate partners.

Sexual Assault Prevention and Response (SAPR) Victim Advocate (VA)

A person who provides support, education and resources to adult sexual assault survivors and works with the SARC.

Special Victims' Counsel or Victims' Legal Counsel (SVC/VLC)

An active-duty judge advocate whose sole role is to represent survivors in a confidential, attorney-client relationship, throughout the investigation and prosecution processes. SVCs/VLCs serve as a survivor's personal attorney at the military's expense.

Resources

The Office on Women's Health
womenshealth.gov • 800-994-9662
(TDD: 888-220-5446)

MaleSurvivor
malesurvivor.org

National Sexual Violence Resource Center
nsvrc.org • 877-739-3895 or 717-909-0710

Love is Respect
loveisrespect.org • 866-331-9474
(TDD: 866-331-8453)