

Help for Friend

If a Service Member discloses a sexual assault to you, your role is to be supportive and empower them to make their own decisions about accessing care. Do not ask for details of the assault, except to ensure their immediate safety and health.

How you can help:

- Ensure they are in a safe location, away from the perpetrator. Contact law enforcement immediately if there is an immediate threat.
- Ask if they want medical care. Call 911 for emergencies; help them get to a hospital for non-emergency care.
- Encourage them to speak with the Sexual Assault Prevention and Response (SAPR) program. SAPR can provide information on available behavioral health, medical, legal, and spiritual resources – both civilian and military – and assist with arrange services, including a forensic exam. A report is not required to access support from SAPR. Provide them with the following phone numbers:
 - MONG 24hr Hotline: 573-694-4124
 - DoW Safe Helpline: 877-995-5247
- Offer to stay with them and ensure they have what they need (safety, food, water, sleep). Be a non-judgmental listener and avoid placing blame.
- Be aware of changes in behavior like substance abuse, suicidal statements, or risky behaviors, and encourage them to seek professional help if needed.
- Protect their privacy. Do not discuss the situation with others without their consent unless you are fulfilling a notification requirement.

Important Notes on Reporting:

- You have notification requirements** if you are not a Chaplain, Religious Affairs Specialist, Medical Provider, Behavioral Health Specialist, Judge Advocate, Paralegal, or SAPR professional. **Peer-to-peer disclosures do not require notification** to a commander/supervisor. A peer is someone serving in the same rank/grade and position as you.