

# Help for Self

**If you have been sexually assaulted, caring and compassionate help is available.**

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

- If possible, go to a safe location away from the perpetrator. If there is an immediate threat to your health or safety, call 911 immediately.
- Preserve as much evidence of the assault as possible. For example: place clothing worn during the assault in a clean paper bag; avoid bathing, if possible; save text messages and other digital evidence; and avoid disrupting the location of the assault (cleaning, straightening, etc.), if applicable. Also, consider writing down and saving as many details as you can remember about the assault and the perpetrator.
- If needed, seek medical care at a local hospital. This care may include a Sexual Assault Forensic Examination (SAFE) to preserve forensic evidence, assessment and treatment for potential injuries, and testing and treatment for potential STIs.
- Contact SAPR for assistance in deciding what to do next. Options may include a SAFE, reporting to law enforcement, filing a report, coordination of support services and resources such as safety assessments, behavioral health, chaplain services, and civilian resources.
- A report is not required to access support from SAPR. A SAPR professional will help you determine the best course of action for you.

**Trained and credentialed Victim Advocates are ready to assist MONG members:**

- Call or text the 24hr MONG SAPR Hotline at 573-694-4124
- If we miss your call, please leave a voicemail with your name and contact information. For safety reasons, we cannot return missed calls without a voicemail.
- Call the DoW Safe Helpline at 877-995-5247.

**You may report a sexual assault to anyone in your chain of command. Reporting to the chain of command will trigger a mandatory notification process, which includes notifying law enforcement, higher echelon commanders, and The Adjutant General.**

**See below for reporting eligibility and options.**