**RECOVERY ASSISTANCE FOR SEXUAL ASSAULT SURVIVORS**

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| **Category** | **Mental Health** | **Support/Resources** | **Medical** |
| **ACTIVE DUTY**  **& RESERVES** | CG SUPRT  TRICARE | CG SUPRT  DoD Safe Helpline  Gift from Within\*  1in6 Online Helpline\*\* NSVRC\*\*\*  National Ctr Vics of Crime\*\*\*\* | TRICARE  DOD/CG MTFs |
| **RETIRED** | TRICARE  Dept of VA (MST)  SAMHSA Helpline  HRSA Health Ctrs | National S/A Hotline  Gift from Within\*  1in6 Online Helpline\*\*  NSVRC\*\*\*  National Ctr Vics of Crime\*\*\*\* | TRICARE  Dept of VA (Health)  HRSA Health Ctrs |
| **DISCHARGED**  **& DIS-ENROLLED** | Dept of VA (MST)  SAMHSA Helpline  HRSA Health Ctrs | National S/A Hotline  Gift from Within\*  1in6 Online Helpline\*\*  NSVRC\*\*\*  National Ctr Vics of Crime\*\*\*\* | Dept of VA (Health)  HRSA Health Ctrs |
| **COAST GUARD EMPLOYEES**  ***(GS & NAF)*** | CG SUPRT  SAMHSA Helpline  HRSA Health Ctrs | National S/A Hotline  Gift from Within\*  1in6 Online Helpline\*\*  NSVRC\*\*\*  National Ctr Vics of Crime\*\*\*\* | HRSA Health Ctrs |
| **OTHERS**  ***(Contractors, members of public, etc.)*** | SAMHSA Helpline  HRSA Health Ctrs | National S/A Hotline  Gift from Within\*  1in6 Online Helpline\*\*  NSVRC\*\*\*  National Ctr Vics of Crime\*\*\*\* | HRSA Health Ctrs |

NOTE: Personal health insurance is typically also an option but is not listed above, and the mental health/medical resources listed may have some qualification variables. Additionally, specific local resources can be obtained via the listed websites.

\*Gift from Within Website (giftfromwithin.org): For survivors of trauma and victimization, PTSD treatment and recovery, maintains international peer support network.

\*\*1in6 Online Helpline (1in6.org): Assistance focused on male survivors, provides support to happier, healthier future.

\*\*\*NSVRC-National Sexual Violence Resource Center Website (nsvrc.org): National network of community-based rape crisis centers in every state and territory, and other resources.

\*\*\*\*National Center for Victims of Crime (victimsofcrime.org): Resources and advocacy to help victims of crime rebuild their lives.

HRSA Health Centers-Human Resources and Services Administration (bphc.hrsa.gov): Health and mental health services, regardless of ability to pay.

National Sexual Assault Hotline (rainn.org /800-656-HOPE): Managed by the Rape, Abuse and Incest National Network (RAINN), provides crisis/sexual assault intervention services, referrals for long-term support, maintains database of state laws.

Safe Helpline (safehelpline.org/877-995-5247): Also managed by RAINN, provides crisis/sexual assault support services for members of the DoD community, addresses transitioning service member needs.

SAMHSA-Substance Abuse and Mental Health Services Administration National Helpline (samhsa.gov/1-800-662-HELP): Referrals to providers/facilities as well as to state-funded treatment programs.