

### **Social Media Posts for How to Support a Survivor:**

Full link to How to Support a Survivor Self-Paced Educational Program: <https://safehelpline.org/HTSAS>

It can be difficult to know what to say when someone you care about has shared they're a survivor of sexual assault. Learn more about how to support them [here](#).

Unsure of how to support a Service member who is a survivor of sexual assault? Find out how you can be there for them [here](#).

Knowing what to say to a survivor of sexual assault can be difficult. Safe Helpline can help. Learn more [here](#).

Be Available. Be There. Be Informed. Learn How to Support a Survivor [here](#).

How to Support a Survivor is designed to help family members, friends, and colleagues of Service members who are survivors of sexual assault get support they need to empower survivors. You can learn more about what you can do [here](#).

### **Social Media Posts for Safe Helpline 101:**

Full link to Safe Helpline 101 Self-Paced Educational Program: <https://safehelpline.org/101>

[Safe Helpline 101](#) is now available! Learn how Safe Helpline offers anonymous and secure services to support survivors of sexual assault in the DoD community.

Are you familiar with all the ways survivors can get support through Safe Helpline? Hint: It's not just through the phone. Learn more about how Safe Helpline can help support your work [here](#).

Are you a sexual assault service provider looking for ways to support your clients who are Service members? Learn more about how Safe Helpline is supporting the DoD community through [Safe Helpline 101](#).