



Help is Here for Life's Most Challenging Times

Office of the Assistant Secretary of the Army for Manpower and Reserve Affairs

Sexual Harassment/Assault Prevention (SHARP) Program

Military/Civilian

The Sexual Harassment/Assault Response and Prevention (SHARP) Program Office directs the Army's efforts in the prevention of and response to sexual harassment, sexual assault and associated retaliatory behaviors.

The DoD Sexual Assault Prevention and Response Office (SAPRO) also provides support for sexual assault victims in the DoD Community with Crisis Intervention, Emotional Support, Medical or Mental Health Service, and Referrals to Local Resources.

<https://www.armyresilience.army.mil/sharp/index.html>

<http://www.sapr.mil/>

Safe Helpline

Military/Civilian

DoD Safe Helpline is the sole secure, confidential, and anonymous crisis support service specially designed for members of the Department of Defense community affected by sexual assault.

- Call 877.995.5247, via online chat, and with the Safe Helpline app with Apple and Android stores.

<https://www.safehelpline.org>

National Suicide Prevention Lifeline

Military/Civilian

The Lifeline is a free, 24-hour hotline available to anyone in suicidal crisis or emotional distress. If you or someone you know is feeling desperate, alone, or hopeless:

- Call 1-800-273-TALK (8255)

<https://988lifeline.org>

Army Substance Abuse Program (ASAP)

Military

The Army Substance Abuse Program provides services which are proactive and responsive to the needs of the Army's workforce and emphasize alcohol and other drug abuse deterrence, prevention, education and rehabilitation.

- For **Active Army Soldiers** in Need of Treatment: (703) 681-6452
- For **Army Reservists** in Need of Treatment: (910) 570-8296
- For **National Guard Soldiers** in Need of Treatment: (803) 513-0122
- For Questions About Prevention, Drug Testing, and EAP Services: (210) 466-0985

<https://home.army.mil/imcom/Organization/human-services/g1-personnel/asap>

Military OneSource

Military

Military OneSource from the Department of Defense is your 24/7 gateway to trusted information, resources and confidential help.

- Call 24/7 at 800-342-9647

<https://www.militaryonesource.mil>

Army Chaplain

Military

Army Chaplains provide spiritual counselors to support, motivate, and provide emotional guidance to Soldiers and their families.

- Ft. Belvoir Chapel – BLDG 5959, 5959 12th Street, Suite 101, Fort Belvoir, VA 22060, Phone: (703) 806-3316
- Woodlawn Chapel – BLDG 1801, 1801 Wright Road, Fort Belvoir, VA 22060 Phone: (703) 806-5911
- Ft. Meade Historic Main Post Chapel – 4419 Llewellyn & Roberts Avenue, Phone: (301) 677-6703
- Cavalry Chapel – 8465 Simonds Street & 6th Armored Cavalry Road, Phone: (301) 677-6703
- Argonne Hills Chapel Center – 7100 Rockenbach Road & Grandea Avenue, Phone: (301) 677-6035

<https://mdwhome.mdw.army.mil/command-services/chaplain's-office>

Military Equal Opportunity Programs

Military

The Hotline provides 24/7 information on MEO and Harassment policies and procedures on how and where to file complaints, the behaviors that constitute discrimination and harassment, and information about the DoD Safe Helpline for sexual assault. The hotline is an additional avenue for Soldiers to anonymously report incidents of MEO and Harassment. When calls cannot be answered immediately, the MEO professional will respond within 24 hours.

- MEO and Harassment Hotline: (703) 819-3763

Equal Employment Opportunity Programs

Civilian

Any employee, former employee or applicant for employment who believes that he/she has been discriminated against based on race, color, national origin, sex (including pregnancy, sexual orientation, and gender identity), religion, age, disability, genetic information, or reprisal for previous EEO activity must initiate the EEO process within **45 calendar days** from the date of the incident, or—if a personnel action, the effective date of the personnel action.

- Office: (571) 372-0832 or Email: whs.eeop@mail.mil
- Alternative Dispute Resolution (ADR): Workplace Disputes – EEO and Non EEO Mediation
- Mr. James Parker (571) 372-0844 or james.a.parker290.civ@mail.mil

<http://www.whs.mil/equal-employment-opportunity-and-diversity>

Employee Assistance Program (EAP)

Civilian

The EAP can help with: Job-related problems, emotional and personal conflicts, financial problems, alcohol or other drug abuse, stress or life crisis, grief and loss, domestic violence, couples and family problems, and balancing work and family.

- Pentagon: BE834; Phone: (703) 692-8917; Hours: 0700 – 1600
- Mark Center: B1E02-A (East Tower); Phone: (571) 372-5617; Hours: 0700 – 1600

<https://www.foh4you.com>

Veterans Crisis Line

Civilian/Military

The Veterans Crisis Line is a free, confidential resource for all service members, including members of the National Guard and Reserve, and Veterans, even if they're not enrolled in VA benefits or health care.

- Dial 988 then press 1
- Text 838255

<https://www.veteranscrisisline.net/get-help-now/military-crisis-line>

For additional information and resources, please visit the U.S. Army Community Resources Guide (CRG) website at

<https://crg.health.mil/Pages/default.aspx>

Scan the QR code for an online version of this list:

