

Final Salute Inc. (FSI) 's mission is to provide homeless women Veterans and their children with safe and suitable housing.

The federal government estimates there are currently 55,000 homeless women Veterans in the United States on any given day. For the sacrifices they and their families made, this is an unacceptable state. Final Salute Inc. believes in paying women Veterans with the proper respect due to them for the service they have provided to our country. Final Salute also works with the Veteran in establishing her plan towards independence.

<https://www finalsaluteinc.org/ContactUs.html>

Department of Defense Military Sexual Trauma Resources

Military One Source: Military OneSource is a 24/7 connection to information, answers, and support to help Veterans reach their goals, overcome challenges, and thrive. While Military OneSource does not provide health care services, it helps connect service members and their families with appropriate resources for those diagnosed with post-traumatic stress disorder or traumatic brain injury (TBI).

Armed Services Branch Specific Assistance

Active Duty, Guard, or Reserve

- DoD Sexual Assault Prevention and Response Office (SAPRO) (www.sapr.mil): DoD's SAPRO is responsible for oversight of the Department's sexual assault policy. SAPRO works hand-in-hand with the services and the civilian community. The SAPRO website holds all the official DoD reports, current policies, and victim support within the DoD.

Air Force (Space Force)
www.resilience.af.mil/SAPR/

The focus of our work is you. Providing our Airmen, Guardians and their families the tools and resources needed to thrive. To achieve to that end, we must also mitigate all instances of interpersonal and self directed violence within the Department of

The Air Force, while promoting resiliency, connectedness and respect for all.

Army

The mission of the Army Resilience Directorate is to provide policy, resources, and capabilities for individuals and leaders in order to increase resilience and readiness.

www.armyresilience.army.mil

Marines

Sexual Assault Prevention and Response

The Sexual Assault Prevention and Response (SAPR) Branch leads a science-based, comprehensive and integrated program for the United States Marine Corps that is committed to the prevention and ultimate elimination of sexual assault in the Corps while simultaneously providing world-class care to victims of the crime. SAPR is responsible for providing policies, evidence-based prevention training, and oversight of victim-centric services. The purpose of the SAPR Program is to eliminate incidents of sexual assault through a comprehensive program that centers on awareness and prevention, training and education, reporting, response, victim advocacy, and accountability.

https://www.manpower.usmc.mil/webcenter/portal/MF_SAPR?adf.ctrl-state=ezqkhlgf0_4

Navy

Our Mission

Prevent and respond to sexual assault, eliminating it from our ranks through a balance of focused education, comprehensive response, compassionate advocacy, and just adjudication in order to promote professionalism, respect, and trust, while preserving Navy mission readiness.

Our Vision

Promote and foster a culturally aware and informed Navy respectful of all, intolerant of sexual assault, and supported by a synergistic program of prevention, advocacy, and accountability.

<https://ffr.cnic.navy.mil/Family-Readiness/Fleet-And-Family-Support-Program/Sexual-Assault-Prevention-and-Response-SAPR/>

Coast Guard

The mission of the Coast Guard's Sexual Assault Prevention, Response, and Recovery (SAPRR) Program is to eliminate sexual assault from our Service. The Coast Guard will ensure that if it does occur, we will provide immediate and compassionate victim support; a responsive and intimidation-free reporting environment inhospitable to retaliation; a timely, professional investigation; holistic care and recovery for victims; and accountability for those who commit this crime.

<https://www.dcms.uscg.mil/Our-Organization/Assistant-Commandant-for-Human-Resources-CG-1/Health-Safety-and-Work-Life-CG-11/Sexual-Assault-Prevention-Response-and-Recovery-Program/>

DoD RAINN

Rape Abuse And Incest National Network (RAINN) via Department of Defense Safehelpline.org

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.

<https://rainn.org/dod-safe-helpline>

Veterans Administration Military Sexual Trauma Resources

VA uses the term “military sexual trauma” (MST) to refer to sexual assault or sexual harassment experienced during military service. MST includes

any sexual activity during military service in which you are involved against your will or when unable to say no. Examples include:

- Being pressured or coerced into sexual activities, such as with threats of negative treatment if you refuse to cooperate or with promises of better treatment
- Sexual contact or activities without your consent, including when you were asleep or intoxicated
- Being overpowered or physically forced to have sex
- Being touched or grabbed in a sexual way that made you uncomfortable, including during “hazing” experiences
- Comments about your body or sexual activities that you found threatening
- Unwanted sexual advances that you found threatening

<https://www.mentalhealth.va.gov/msthome/index.asp>

Beyond MST Mobile App

Free, secure and private self-help mobile app created specifically to support the health and well-being of survivors of MST. The app has over 30 specialized tools and other features to help MST survivors cope with challenges, manage symptoms, improve their quality of life and find hope. Users do not need to create an account or be in treatment to use the app. Any personal information entered in the app is not shared with anyone, including the VA.

Veterans Administration Make The Connection Public Information Campaign

https://www.maketheconnection.net/conditions/military-sexual-trauma?gclid=EAIAIQobChMI2aH6p8mB_QIVEpXICh2aOwaBEAAVASAAEgI50fD_BwE

Non Profit Legal Resources

Protect Our Defenders Pro Bono Legal Network

This program endeavors to provide pro bono legal representation or referral to service members and civilians who were sexually harassed or sexually assaulted by a member of the U.S. military, were retaliated against for reporting, and/or were a whistleblower.

<https://protectourdefenders.neworg.com>

National Veterans Legal Services Project

NVLSP is a 501(c)(3) nonprofit organization that has worked since 1981 to ensure that the government delivers to our nation's 22 million veterans and active duty personnel the benefits to which they are entitled. In 2014, as a part of the Lawyers Serving Warriors program, NVLSP established a signature project that provides free legal representation to veterans who survived a sexual assault or sexual harassment in service and need help securing disability benefits for PTSD or other mental conditions related to the trauma. Our goal is to ensure that every MST survivor that qualifies for disability benefits receives the benefits they deserve.

<https://www.nvlsp.org>

<https://www.nvlsp.org/about-us/accomplishments/mst-military-sexual-trauma>

NON-MILITARY RESOURCES

Protect Our Defenders (POD)
www.protectourdefenders.com

Protect Our Defenders is the preeminent national human rights organization dedicated to ending sexual violence, victim retaliation, misogyny, sexual prejudice, and racism in the military and combating a culture that has allowed it to persist.

Hotlines

<https://www.protectourdefenders.com/crisis-hotlines/>

POD Legal Services Program

Protect Our Defenders (POD) Legal Services Program is the only program in the country providing free legal services specifically for survivors of military sexual assault and sexual harassment, and bystanders and whistleblowers who are suffering retaliation for intervening or reporting sexual assault or harassment. Services often include victim legal representation for the military justice process, protection from retaliation, discharge records corrections, and assistance with obtaining needed health care.

<https://protectourdefenders.neworg.com>

Guide for attorneys

<https://www.protectourdefenders.com/manual/>

Survivor and support help by region

<https://www.protectourdefenders.com/find-survivor-services/?action=1®ion=&service-type=25#service-results>

Service Women's Action Network (SWAN)

24/7 Emergency Assistance Hotline 1-888-669-0907

SWAN Survivors Guide

<https://static1.squarespace.com/static/5fd0dd21f269f120630260ee/t/612fc13b1bfc143942e71fbc/1630519613785/4.+SWAN+SURVIVORS+GUIDE+.pdf>

Service Women's Action Network (SWAN) (www.servicewomensactionnetwork.org): SWAN is the voice of women who have served or are currently serving in the military. We are a member-driven network dedicated to supporting, connecting, and advocating for service women's individual and collective needs, past, present, and future.

The Pink Berets

Our goal is to help those who struggle with their invisible injuries, and emotionally charged wounding to experience a fresh perspective of themselves, their lives, and the act of limitless possibilities. Our hope is to re-inspire in our clients the motivation, willingness, and courage to excel to their best selves so they can continue to live the life they were authentically meant to lead. As a holistic treatment program, we work closely with each client, listening carefully, and guiding her on the pathway toward recovery so she can be empowered.

<https://thepinkberets.org/about-us/>

Combat Sexual Assault

Our mission is to empower survivors of sexual violence by helping them find their voice and overcome barriers to obtaining justice, all while disrupting the cultural stigma surrounding the disclosures of these crimes. This organization focuses on advocacy, developing peer networks, and on-staff legal counsel.

www.combatsexualassault.org/aboutus

MaleSurvivor

MaleSurvivor is a 501(c)(3), non-profit, public benefit organization committed to preventing, healing, and eliminating all forms of sexual victimization of boys and men through support, treatment, research, education, advocacy, and activism.

Every man who has experienced sexual assault or sexual abuse deserves access to a judgment-free space where he can heal on his own terms and without shame. For 26 years, MaleSurvivor has fostered a healing community where tens of thousands of men from more than 200 countries come together to find support, information and — most importantly — hope.

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www.malesurvivor.org

The National Association of Crime Victim Compensation Boards

www.nacvcb.org

Crime victim compensation programs in states across the country help victims of violence every day, paying for the costs of medical care, mental health counseling, and lost time at work, as well as funerals and other expenses that families face in the aftermath of homicide

1in6.org

AT LEAST 1 IN 6 MEN HAVE BEEN SEXUALLY ABUSED OR ASSAULTED
If you're a man who has experienced sexual abuse or assault, you are not alone. We're here to support you in your path to a happier, healthier future.

[https://1in6.org/get-information/the-1-in-6-statistic/#:~:tex-](https://1in6.org/get-information/the-1-in-6-statistic/#:~:text=There%27s%20strong%20scientific%20evidence.%20At%20least%201%20in,or%20assault%2C%20whether%20in%20childhood%20or%20as%20adults)
t=There%27s%20strong%20scientific%20evidence.%20At%20least%201%20in,or%20assault%2C%20whether%20in%20childhood%20or%20as%20adults

Non Profit Resources For Military Sexual Trauma Survivors

AMVETS HEAL Program

Directly engaging and working in collaboration with VA healthcare professionals at all levels is a critical component of the HEAL mission, particularly as it relates to mental health, military sexual trauma, and suicide and related issues. To accommodate the needs of current and future AMVETS members, the HEAL Program has established a helpline to troubleshoot and report issues and provide timely assistance in order to navigate for veterans and family members to find the appropriate healthcare solutions.

<https://www.amvetshealprogram.org>

Give An Hour

<https://giveanhour.org/military/>

Text Crisis Line SIGNS to 741741 for the Crisis Text Line

Give an Hour's Military and Veteran Programming customizes mental health care needs of the military population while educating mental health providers on unique challenges and strategies for prioritizing mental health and emotional wellbeing in support of their military loved ones. Give an Hour offers approaches to mental wellbeing and treatment to assist in closing access and delivery gaps in traditional mental health services. Extensive delays from the onset of symptoms to appropriate help can make mild symptoms worse and recovery more difficult. By diversifying options for care, Give an Hour addresses the disparity between available mental health professionals and community needs.

[Boulder Crest Foundation's Warrior PATHH](#) (Progressive and Alternative Training for Healing Heroes) for wounded warriors which is military sexual trauma inclusive but not specific. Healing retreats offered as well as once a month at Boulder Crest's locations in Arizona (Boulder Crest Arizona), Virginia (Boulder Crest Virginia), and the Boulder Crest Mobile Training Team, and monthly by Boulder Crest's partners in Florida, Georgia, Maine, South Carolina, and Arkansas.

<https://bouldercrest.org>

Wounded Warrior Project

<https://www.woundedwarriorproject.org/programs/warrior-care-network>

Healing the invisible wounds of war through PTSD treatment for veterans

Warrior Care Network® is a partnership between Wounded Warrior Project® (WWP) and four world-renowned academic medical centers, providing veterans and service members living with post-traumatic stress disorder (PTSD), traumatic brain injury (TBI), military sexual trauma (MST), and other related conditions with a path to long-term wellness. Participants and their families receive first-class treatment tailored specifically to their needs and individualized care to support their unique journey. All treatment and accommodations are provided at no cost and financial assistance is also offered to help cover everyday expenses like groceries, utilities, and housing.

Civilian For Pay Resources For Military Sexual Trauma Survivors

The Meadows Trauma Recovery Centers

The Meadows Treatment For Military Sexual Assault Survivors

If you've experienced MST and are suffering the [aftereffects](#), The Meadows is in-network with [TRICARE](#), which may cover the cost of inpatient mental health treatment. Whether you're currently a private citizen or in service, [our outpatient centers](#) also offer specialized treatment tailored to your specific needs. There is no shame or stigma in seeking help.

Whether in inpatient or outpatient treatment, you'll learn how MST has negatively impacted your health, relationships, and self-esteem, and be able to take the first step toward gaining control of your life. Health and healing for sexual trauma is within reach. We at [The Meadows](#)would love to help get you there.

The Meadows Men's Personal Growth Workshop

Men are often hesitant to discuss sexual feelings and experiences. Consequently, they carry burdens of shame and painful memories of unresolved sexual experiences or uncontrolled sexual behaviors. When appropriately managed, sexual drive can be a positive and productive life force that compels us to form relationships that inspire us to live better lives. This inner drive is explored—with compassion, humor, and zest for life—as participants are reminded that sex can be enjoyable, fulfilling, and deeply meaningful.

<https://www.themeadows.com/workshops/mens-sexual-recovery/>

The Meadows Military Men's Sexual Addiction

Over the past several years, news stories about sexually addictive behaviors in the armed forces seem to be increasing at an alarming number. This is calling greater attention to the issues arising between the men and women who serve our country. A quick Google search using the terms “Sexual Addiction in the Military” brings an abundance of articles published in military publications regarding sexual addiction and the effect it has on military personnel. One article published in The Army Times states that 1 in 10 civilians may suffer from pornography addiction while the percentage may be as high as 20% of military personnel.

Strand Squared — Trauma Informed Corporate Training For Professionals

Strand Squared Solutions provides training and technical assistance for individuals, agencies and/or organizations that serve people who have experienced a crisis incident, something traumatic and/or crime victimization.

Our Mission: To pave a path from trauma to transcendence through training, education and technical assistance.

We Envision: A global response to crisis and trauma that is hopeful, human, trauma informed and centered on transcendence.

<https://strandsquared.com>

Civilian Legal Resources

Combat Sexual Assault

Legal Services with a Wholistic Approach

Process Trauma Through the Body and the Mind

Every client is different and has their own unique needs. After listening to your concerns, we develop a plan of action that best suits you. Some clients prefer more aggressive plans, whereas others would like to remain anonymous. We understand you and respect your privacy. Our job is to arm you with information so that you can make the best choice for your situation.

<https://combatsexualassault.org/about-us>

Non Profit Financial Assistance

American Legion

Temporary Financial Assistance

Help families in need meet the cost of shelter, food, utilities and health expenses.

<https://www.legion.org/financialassistance>

Operation First Response

<https://www.operationfirstresponse.org/military-family-assistance-program/>

The mission of Operation First Response, Inc (OFR) is to serve all branches of our nation's Wounded Heroes/Disabled Veterans, Gold Star Families and First Responders with personal and financial needs. Services are provided from the onset of injuries or illness, throughout their recovery period and along their journey into the civilian world. Financial aid varies as each case

is based on individual needs ranging from rent, utilities, vehicle payments, groceries, clothing, and travel expenses.

(Must have at least six months of active duty.)