

The following resources are available for you if you are traveling abroad.

<https://sashaa.org/know-before-you-go/>

The SASHAA Outreach and Education Department offers free, country-specific 'Know Before You Go' resources for Americans planning to study, travel, volunteer, work, or live abroad. These resources provide information about social and cultural norms, gender equality, sexual violence laws, LGBTQ concerns, medical care, and reporting a crime, as well as local resources to help you in the event of a sexual assault abroad.

<https://safehelpline.org/about-mobile>

The DoD SAFE Helpline App will allow you to call the helpline with only a WiFi connection.

How is the Telephone Helpline Integrated in the Safe Helpline App?

Safe Helpline uses Voice over IP (VoIP) technology to enable free access to the Telephone Helpline directly from the App and was specifically designed for members of the DoD community stationed Outside the Continental United States.

This technology allows you to access Safe Helpline without the need for calling cards, expensive international phone plans, or having to use the Defense Switched Network (DSN) if you do not feel safe. It also ensures that use of the Telephone Helpline does not show up on your cell phone bill or call history. VoIP technology also enables you to call the Telephone Helpline with only a WiFi connection.