

# Reach Out for Recovery



If you have experienced harassment or sexual assault, VA is here to provide support with resources and services, every step of the way. The path of recovery is unique for each individual and the VA has many programs and staff ready to help. Resources below are not all inclusive of VA support options:

## Stop Harassment

<https://www.va.gov/STOP-HARASSMENT/HeartOfTheMatter.asp>

## VA Intimate Partner Violence Assistance Program

[www.socialwork.va.gov/IPV](http://www.socialwork.va.gov/IPV)

## Womens Veteran Health Care

[www.womenshealth.va.gov/WOMENSHEALTH/](http://www.womenshealth.va.gov/WOMENSHEALTH/)

## Military Sexual Trauma

[www.va.gov/health-care/health-needs-conditions/military-sexual-trauma/](http://www.va.gov/health-care/health-needs-conditions/military-sexual-trauma/)

## Veterans Crisis Line

Dial 988

[www.veteranscrisisline.net](http://www.veteranscrisisline.net)  
for chat and text options

# Ensuring a Harassment-Free VA

VA is committed to ensuring our community is **safe, welcoming** and a place that is **free of harassment** for all Veterans, their families, caregivers, survivors, and employees. We thank you for **honoring all** those you encounter in any VA facility by treating them with **dignity and respect.**

- VA Secretary Denis McDonough

Join Secretary McDonough and the VA in taking the White Ribbon pledge for a VA that is free from harassment and sexual assault.



Secretary of VA, Denis McDonough and Under Secretary for Health, Dr. Shereef Elnahal

US Department of Veterans Affairs

# LEADING WITH RESPECT

*Improving the VA Experience*



**VA is committed to embracing a welcoming, diverse, and respectful culture that does not tolerate harassing, disruptive, or abusive behaviors of any kind.**



VA



U.S. Department  
of Veterans Affairs

For more information:

[www.va.gov/stop-harassment/policy/](http://www.va.gov/stop-harassment/policy/)

# VA — A Welcoming Environment

At VA, we are dedicated to creating a safe and inclusive environment and treating all Veterans, their families, caregivers, survivors, and employees with respect.



## Examples of acceptable behavior include:

- ✓ Fostering a safe environment
- ✓ Holding ourselves accountable
- ✓ Looking out for one another
- ✓ Promoting dignity and civility

## Prohibited Behaviors Harassment and Sexual Assault

- Offensive Jokes or Insults
- Rude or Disrespectful Flirting
- Rumors and Gossip
- Intentionally Misgendering
- Crude Gestures
- Sexist Remarks
- Cat calls
- Stalking
- Sexual Touching / Advances
- Groping
- Sexual Coercion

# A Show of Respect

So what can you do if you witness unacceptable behavior? It can be difficult to know in the moment, so VA has developed a **free online training** available to anyone that empowers and equips you to safely take action.

- 1** Gain the confidence to recognize situations where harassment or sexual assault can take place.
- 2** Increase your knowledge and skills to recognize potentially harmful situations and how to safely prevent them from escalating.
- 3** Recognize when and how to seek out assistance with reporting harassment or sexual assault.



Find our training here:  
<https://www.veterantraining.va.gov/bystandertraining/>



Check out VA's Bystander Intervention Training and take the White Ribbon VA Pledge to show your support of a respectful VA.

## Designated Point of Contact

There is no wrong door for reporting an incident. Below are VA's recommended available resources:

**Medical Center or Clinic**  
Patient Advocate

**Vet Center**  
Vet Center Director

**Veterans Benefits Offices**  
Harassment Prevention Program Coordinator

**National Cemetery**  
Cemetery Director

Experiencers of harassment or sexual assault can also contact their primary care provider, a VA manager, local law enforcement (while at a VA facility or office), or 1-800-698-2411 (MYVA411) if calling away from VA property.

# Take the White Ribbon Pledge

## Stand Up to Stop Harassment

The White Ribbon VA initiative encourages everyone to commit to ending sexual harassment, sexual assault, and domestic violence by taking the White Ribbon VA pledge. This pledge demonstrates our dedication to a VA that is respectful and welcome, free of harassing and abusive behaviors. Take the pledge today and be part of VA's culture of respect: [www.va.gov/health/harassment-free/](http://www.va.gov/health/harassment-free/).



I, (your name), pledge to never commit, excuse or stay silent about sexual harassment, sexual assault or domestic violence against others.