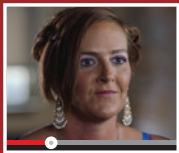


# LEARN ABOUT MILITARY SEXUAL TRAUMA

The U.S. Department of Veterans Affairs (VA) provides confidential treatment for military sexual trauma (MST).



Watch stories of male and female Veterans who are on the road to recovery from MST and learn more at [MakeTheConnection.net/MST-Info](https://www.maketheconnection.net/MST-Info).

## WHAT IS MST?

Any sexual activity in which you were involved against your will, whether occurring on or off base and on or off duty. Why the sexual activity occurred (e.g. hazing) or who the perpetrator was does not matter. Both men and women can experience MST.

## LOOKING FOR SUPPORT?

Recovery is possible and it's never too late to find support. VA offers free treatment for problems related to MST. You do not need to have reported your experiences or have any documentation they occurred. You may be able to receive free MST-related treatment even if you are not eligible for other VA care. To learn more, contact your local VA Medical Center and ask to speak to the MST Coordinator. You can also contact a local Vet Center, talk to your family doctor, or speak with a mental health professional.

## WHAT DIFFICULTIES CAN VETERANS HAVE AFTER MST?

- Strong emotional reactions
- Feeling emotionally numb
- Trouble sleeping
- Trouble with memory or staying focused
- Problems with alcohol or drugs
- Difficulty feeling safe or trusting others
- Problems in relationships
- Physical health problems such as issues with weight or pain

## INSPIRING VIDEOS FROM VETERANS MANAGING MST



U.S. Marine Veteran Mike was sexually assaulted while serving in Vietnam. Watch how he – and hundreds of other Veterans – reached out for support to get life back on track at [MakeTheConnection.net/MST-Info](https://www.maketheconnection.net/MST-Info).

### LOCATE

Find resources near you



Find resources near you. Visit [MakeTheConnection.net](https://www.maketheconnection.net)



U.S. Department of Veterans Affairs

**MAKE THE CONNECTION**