Military Sexual Trauma (MST) is sexual assault or sexual harassment that occurred during a Veteran’s military service:

- Being pressured into sexual activities, such as with threats or promises of better assignments
- Sexual contact without your consent, such as when asleep or intoxicated
- Being physically forced to have sex
- Being touched in a way that made you uncomfortable
- Repeated comments about your body or sexual activities
- Threatening and unwanted sexual advances

There may have been times in life when you were treated badly because you are a woman. Experiencing MST may have felt like one more sign you didn’t matter. Because of that, you also may worry that you won’t be believed if you speak up. **WE BELIEVE YOU.**

CONCERNS COMMONLY REPORTED BY WOMEN WHO HAVE EXPERIENCED MST

- Strong emotions
- Family and relationship problems
- Eating or body image issues
- Difficulties with trust or communication
- Pain and physical problems
- Self-esteem problems
- Sexual concerns
- Work or school problems
- Avoidance or isolation
- Reckless behavior

MST IS **NEVER** YOUR FAULT

There are many paths to healing from MST. VA can help.

- VA has free MST-related services for Veterans
- No documentation of the MST experience is needed to get care
- You may be able to receive MST-related services even if you are not eligible for other VA care
- Every VA has an MST Coordinator to help you access services and resources
- Contact your local VA health care facility and ask to speak to the MST Coordinator for more information

Both women and men can experience MST. Visit [www.mentalhealth.va.gov/msthome.asp](http://www.mentalhealth.va.gov/msthome.asp) to learn more about the MST-related recovery programs and services for women and men at VA.