Military Sexual Trauma (MST) is sexual assault or sexual harassment that occurred during 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
• Comments about your body or sexual activities you found threatening
• Unwanted sexual advances you found threatening

YOU ARE NOT ALONE

One in three women Veterans says she experienced MST when asked by a Department of Veterans Affairs (VA) provider.

Women of ALL BACKGROUNDS, including factors such as era of service, rank, age, race and sexual orientation, have experienced MST.

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
- 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 to learn more about the MST-related recovery programs and services at VA.