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

- Being threatened or 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**

VA has free MST-related services for Veterans

You may be able to receive MST-related services even if you are not eligible for other VA care

No documentation of the MST experience is needed to get 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.