

MEN

You are not alone in overcoming military sexual trauma

Veterans of all backgrounds have experienced MST, regardless of factors such as physical size, age, race, or sexual orientation.

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
- Sexual activities without your consent, such as when asleep or intoxicated
- Being overpowered or physically forced to have sex
- Being sexually touched or grabbed in a way that made you uncomfortable, including during hazing experiences
- Repeated comments about your body or sexual activities
- Threatening and unwelcome sexual advances

COMMON STRUGGLES REPORTED BY MEN



MASCULINITY WORRIES



SEXUAL CONCERNS



RELATIONSHIP PROBLEMS



ANGER



SHAME



RECKLESS BEHAVIOR



SLEEP TROUBLE



CHRONIC PAIN



PANIC OR ANXIETY

MST IS **NEVER** YOUR FAULT

YOU ARE NOT ALONE

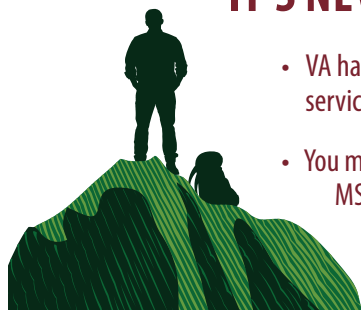
Almost half of all Veterans who tell a provider they experienced MST are men.



It takes a lot of **COURAGE** and **STRENGTH** to speak up.

There are many steps you can take to

MOVE FORWARD after MST.



IT'S NEVER TOO LATE, AND IT'S NEVER TOO SOON

- VA has free MST-related services available 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 access services and resources
- Contact your local facility and ask to speak to the MST Coordinator for more information

Visit www.mentalhealth.va.gov/msthome.asp to learn more about MST and the recovery programs and services available at VA.