You are not alone in overcoming military sexual trauma

Men of all backgrounds, including factors such as physical size, age, race and sexual orientation, have experienced MST.

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.

Military sexual trauma (MST) is sexual assault or threatening 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
- Comments about your body or sexual activities that you found threatening
- Unwanted sexual advances that you found threatening

You are not alone:

Over one-third of all Veterans who tell a VA provider they experienced MST are men.

It takes courage and strength to speak up.

It's never too late, and it's never too soon:

- The Department of Veterans Affairs (VA) has free MST-related services available
- 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.

VA | U.S. Department of Veterans Affairs
Veterans Health Administration