You are not alone in overcoming military sexual trauma

Veterans 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 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

**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 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 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](http://www.mentalhealth.va.gov/msthome.asp) to learn more about MST and the recovery programs and services available at VA.