

## VA's Health Care Services for Military Sexual Trauma (MST)

- Military sexual trauma (MST) is **sexual assault or repeated, threatening sexual harassment** experienced while on federal active duty, active duty for training, or inactive duty training.
- The Veterans Health Administration (VHA) has **outpatient, inpatient, and residential services** available to assist in recovery from MST. MST-related care is available at both VA medical facilities (VA Medical Centers and Community-Based Outpatient Clinics) and VA Vet Centers. Medical facilities have MST-related mental and physical health care services and Vet Centers provide MST-related mental health counseling.
- Individuals **do not need to have reported the MST incident(s)** when they happened or have other documentation that it occurred.

### Veterans:

- All treatment for MST-related mental and physical health conditions is provided **free of charge**.
- To receive free MST-related care, **Veterans do not need to be service connected** (that is, have a VA disability rating\*) – eligibility for MST-related health care is independent of eligibility for other VA benefits. **Veterans may be able to receive free MST-related care even if they are not eligible for other VA care**. For example, standard length of service requirements do not apply to receipt of MST-related care.

### Active Duty Servicemembers (ADSMs) and Current Members of the National Guard/Reserves:

- ADSMs and current Servicemembers can access free MST-related mental health counseling at Vet Centers; no Tricare referral is needed. Services at Vet Centers are confidential with respect to the Department of Defense (DoD).
- ADSMs and current Servicemembers can also receive MST-related care at VA medical facilities, but a Tricare referral is required in most cases and general Tricare copayment requirements may apply. ADSMs' and current Servicemembers' records from services at VA medical facilities are available to DoD through VA-DoD open health care record sharing.

### ***Never assume an MST survivor cannot receive care:***

- Individuals can always receive needed hospital care and medical services in an emergency.
- For former Servicemembers with Other Than Honorable discharges, a review process may be required to determine eligibility for ongoing care. MST survivors can receive mental health services while this review is pending.

**For more information, please contact the MST Coordinator at your nearest VA medical facility, contact your local Vet Center, or visit [www.mentalhealth.va.gov/msthome.asp](http://www.mentalhealth.va.gov/msthome.asp).  
A list of VA health care facilities can be found at [www.va.gov](http://www.va.gov).**

