

# VA Supports Military Sexual Trauma Survivors

VA is committed to supporting Veterans who experienced military sexual trauma (MST), which is sexual assault or harassment that occurred during military service. VA wants MST survivors to know that support is available no matter how long it's been or where they are in **finding their path to healing**.

Here's how Veterans can access VA's free MST-related resources and individualized care:

- Visit VA's mental health website to learn more about **MST-related treatment options and resources like the Beyond MST mobile app**.
- Contact the **MST Coordinator at a local VA facility**.

*Finding  
**your path**  
to healing*



*If you experienced MST, you are not alone. Support is available.*

Find MST-related resources  
[mentalhealth.va.gov/mst](https://mentalhealth.va.gov/mst)





## Raising Awareness of VA's Resources for Military Sexual Trauma Survivors

We all can do our part to support Veterans who experienced military sexual trauma (MST). Help spread the word that VA is ready to provide care for survivors of all ages, races, sexes, and sexual orientations in their healing from MST.

Here are simple ways to help raise awareness of VA's free MST-related resources:

- Check out our Spread the Word page and share VA's **Facebook, Instagram, and X/Twitter posts** with your network.
- Update your website with a **link to VA's MST-related resources**.
- Include information in a **newsletter or blog post**.



Help spread the word  
[mentalhealth.va.gov/spread-the-word](https://mentalhealth.va.gov/spread-the-word)



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