

WOMEN

You are not alone in overcoming military sexual trauma

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 or promises of better assignments
- Sexual contact without your consent, such as when asleep or intoxicated
- Being physically forced to have sex
- Being touched in a way that made you uncomfortable
- Repeated comments about your body or sexual activities
- Threatening and unwanted sexual advances

There may have been times in life when you were treated badly because you are a woman. Experiencing MST may have felt like one more sign you didn't matter. Because of that, you also may worry that you won't be believed if you speak up. **WE BELIEVE YOU.**

CONCERNS COMMONLY REPORTED BY WOMEN WHO HAVE EXPERIENCED MST



STRONG EMOTIONS



FAMILY AND RELATIONSHIP PROBLEMS



EATING OR BODY IMAGE ISSUES



DIFFICULTIES WITH TRUST OR COMMUNICATION



PAIN AND PHYSICAL PROBLEMS



SELF-ESTEEM PROBLEMS



SEXUAL CONCERNS



WORK OR SCHOOL PROBLEMS



AVOIDANCE OR ISOLATION



RECKLESS BEHAVIOR



One in three women Veterans says she experienced MST when asked by a Department of Veterans Affairs (VA) provider.

MST IS NEVER YOUR FAULT

THERE ARE MANY PATHS TO HEALING FROM MST. VA CAN HELP.



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

Women Veterans of **ALL BACKGROUNDS,** including factors such as era of service, rank, age, race and sexual orientation, have experienced MST.

Both women and men can experience MST. Visit www.mentalhealth.va.gov/msthome.asp to learn more about the MST-related recovery programs and services for women and men at VA.



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