

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 threatened or 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



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

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

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

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.