

# MEN

## You are not alone in overcoming military sexual trauma

Veterans of all backgrounds have experienced MST, regardless of factors such as physical size, age, race, or sexual orientation.

**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

### COMMON STRUGGLES REPORTED BY MEN



MASCULINITY WORRIES



SEXUAL CONCERNS



RELATIONSHIP PROBLEMS



ANGER



SHAME



RECKLESS BEHAVIOR



SLEEP TROUBLE



CHRONIC PAIN

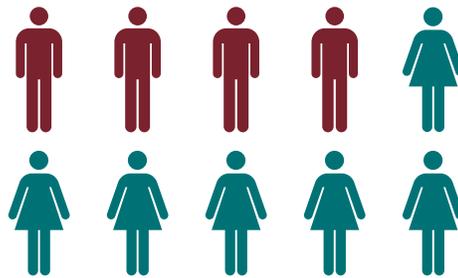


PANIC OR ANXIETY

# MST IS NEVER YOUR FAULT

### YOU ARE NOT ALONE

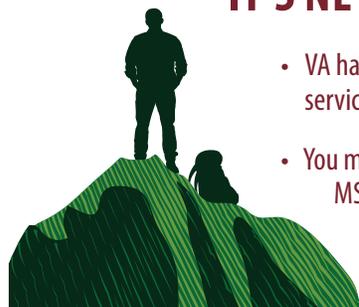
Almost half of all Veterans who tell a provider they experienced MST are men.



It takes a lot of **COURAGE** and **STRENGTH** to speak up.

There are many steps you can take to

**MOVE FORWARD** after MST.



### IT'S NEVER TOO LATE, AND IT'S NEVER TOO SOON

- VA has free MST-related services available 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 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.