# You are not alone in overcoming military sexual trauma

Men of all backgrounds, including factors such as physical size, age, race and sexual orientation, have experienced MST.

# **COMMON STRUGGLES REPORTED BY MEN**



MASCULINITY WORRIES



**SEXUAL** CONCERNS



RELATIONSHIP **PROBLEMS** 







**BEHAVIOR** 



SLEEP TROUBLE



CHRONIC PAIN



PANIC OR ANXIETY

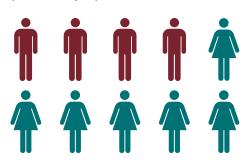
### Military sexual trauma (MST) is sexual assault or threatening sexual harassment that occurred during a Veteran's military service:

- 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
- Comments about your body or sexual activities that you found threatening
- Unwanted sexual advances that you found threatening

# MST IS NEVER YOUR FAULT

## **YOU ARE NOT ALONE**

Over one-third of all Veterans who tell a VA provider they experienced MST are men.



It takes COURAGE and STRENGTH to speak up.

## There are many steps you can take to



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

• The Department of Veterans Affairs (VA) has free MSTrelated services available

- · You may be able to receive MST-related services even if you are not eligible for other VA care
- No documentation of the MST experience is needed to get 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** to learn more about MST and the recovery programs and services available at VA.







