

In this section



(MST)

Military sexual trauma (MST) refers to sexual assault or sexual harassment experienced during military service. Veterans of all genders and from all types of backgrounds have experienced MST.

If you're having difficulties related to MST, we're here to support you in whatever way will help you best. We can help you learn more about how MST affects people. We can provide treatment that helps you cope with how MST is impacting your life. Or if you'd prefer, we can provide treatment that involves discussing your experiences in more depth.

How do I talk to someone right now?

Find out how to get support anytime, day or night. ▼

What services does VA provide related to MST?

We provide free treatment for any physical or mental health conditions related to your experiences of MST. You don't need documentation of the MST experiences or a VA disability rating to get care.

Our services include:

- MST coordinator at every VA medical facility to serve as a contact person for MST-related issues and who can assist you in accessing care

Learn what the PACT Act means for your VA benefits >



To receive MST-related care, you don't need to have reported the MST at the time or have other proof that the MST happened. Veterans don't need to have a service-connected disability rating, and you may be able to get MST-related care even if you aren't eligible for other VA services.

Here's how to access VA's MST-related services:

- **If you have a VA health care provider**, consider telling that person that you experienced MST. All VA primary care and mental health providers complete training on MST and the treatment needs of people who've experienced it. Your provider can offer treatment referrals and support as needed.
- **Call your nearest VA medical center and ask to speak to the MST coordinator.** You can ask to speak with a provider of a specific gender if that would make you feel more comfortable.
[Find a VA medical center near you \(https://www.va.gov/find-locations/\)](https://www.va.gov/find-locations/).
- **Contact a Vet Center** and ask to speak with someone about MST-related counseling.
[Find a Vet Center near you \(https://www.va.gov/find-locations/?facilityType=veteran_center\)](https://www.va.gov/find-locations/?facilityType=veteran_center).
- **If you're homeless or at risk of becoming homeless:**
 - Contact the National Call Center for Homeless Veterans at [877-424-3838](tel:877-424-3838) for help 24 hours a day, 7 days a week. A trained VA counselor will offer information about VA homeless programs, health care, and other services in your area. The call is free and confidential.
 - Visit our website to learn about VA programs for Veterans who are homeless.
[Learn about our homelessness programs \(https://www.va.gov/homeless/\)](https://www.va.gov/homeless/).
 - Call or visit your local VA Community Resource and Referral Center. Even if you don't qualify for VA health care, our staff can help you find non-VA resources you may qualify for in your community.
[Find your local Community Resource and Referral Center \(https://www.va.gov/HOMELESS/Crrc.asp\)](https://www.va.gov/HOMELESS/Crrc.asp).

You can also call the VA general information hotline at [800-827-1000](tel:800-827-1000), Monday through Friday, 8:00 a.m. to 9:00 p.m. ET.

Learn what the PACT Act means for your VA benefits >



- Go to the Make the Connection website to hear stories from Veterans about their recovery from MST, and find more resources and support.
Go to the Make the Connection website
(<https://www.maketheconnection.net/conditions/military-sexual-trauma/>).
- If you're a current service member, please consider visiting the Department of Defense (DoD) Safe Helpline website, a crisis support service for members of the DOD community affected by sexual assault. When you contact the Safe Helpline, you don't have to give your name and can remain anonymous. You can get 1-on-1 advice, support, and information 24/7—by phone, text, or online chat. You can also connect with a sexual assault response coordinator near your base or installation.
Visit SafeHelpline.org (<https://www.safehelpline.org/>).

Related health problems you may want to learn about

Posttraumatic stress disorder (PTSD)
(<https://www.va.gov/health-care/health-needs-conditions/mental-health/ptsd>)

Learn more about VA health services to help support Veterans with PTSD.

Depression (<https://www.va.gov/health-care/health-needs-conditions/mental-health/depression>)

Learn more about VA health services to help support Veterans with depression.

Suicide prevention (<https://www.va.gov/health-care/health-needs-conditions/mental-health/suicide-prevention>)

Learn more about VA services to help support Veterans at risk of suicide and their families.

Substance use problems (<https://www.va.gov/health-care/health-needs-conditions/substance-use-problems>)

Learn more about VA health services to help support Veterans with substance use problems.

Learn what the PACT Act means for your VA benefits >