

MST can happen to anyone, regardless of branch, era of service, gender, age, race or sexual orientation. It can occur on or off base, in war or peacetime, and while on or off duty. It can occur more than once, or by more than one perpetrator.

Most importantly, it's never your fault.

HOW COMMON IS MST?

- According to national VA data, 1 in 3 female veterans seen for healthcare indicates an experience of MST.
- The same data shows that 1 in 50 male veterans indicate an experience of MST, but it's estimated that less than 1% of male MST is reported each year.

POTENTIAL EFFECTS OF MST

- Feeling of isolation from other people
- Sudden, intense emotional responses in certain situations
- Trouble feeling love or happiness
- Difficulty feeling safe
- Problematic relationships with employers or authority figures
- Loss of attention span, concentration or memory
- Abuse of alcohol or drugs as a coping mechanism

WHAT CONSTITUTES MST?

- Being pressured or coerced into sexual activity
- Sexual contact or activities without your consent
- Being overpowered or physically forced into sexual activity
- Being touched, grabbed or "hazed" in a sexual way that makes you uncomfortable
- Threatening comments about your body or sexual activities
- Threatening, unwanted sexual advances

COMMON FEELINGS OF MST SURVIVORS

- "I should've been able to stop it. It was my fault it happened."
- "What does this mean about my sexuality? I don't even feel like myself anymore."
- "I feel out of control."
- "I can't believe this happened to me. I'm always so careful."
- "Why did they think they could do this to me? Why was I the target?"

HOW WE HELP

MST is serious, but there is hope. We have extensive experience working with veterans and service members who have experienced MST. Our only focus is on helping you overcome your trauma and build a better future.

WHAT WE'LL DO

- Pair you with a Wellness Coordinator who will create a Crisis Response Plan and roadmap for care tailored specifically to you
- Keep your information, identity, and experiences safe and confidential
- Help you fully address the trauma you experienced and uncover the impacts it has made on your life
- Help you figure out what you need to feel like yourself again
- Empower you with the right resources and tools for you, no matter where you are in your journey
- Stick by your side for as long as you need us

WHAT WE WON'T DO

- Treat you like a case number or statistic
- Pass you off to another call center or crisis line
- Share your information with your chain of command, the DoD or the VA
- Put a band-aid on a bigger problem and send you on your way
- Send you a bill for our services

When you're ready, we're here.

Contact us by phone 24/7 at (844) 613-0403 or submit an [online request](#) at any time.



SOURCES