

## **Military Sexual Trauma**

Explore programs and services, articles, and other resources related to Military Sexual Trauma.

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Article

## **Podcasts on Veterans' Issues Fill the Airwaves with Important Messages**

Veterans can benefit from assorted types of media outreach that familiarize them with their issues of concern. Whether it's by video, radio or podcast platforms, there's never a shortage of topics to communicate to Veterans.

Source

[VA News](#)

Article

## **Talking With Your Doctor or Health Care Provider**

Clear and honest communication between you and your physician or health care team can help you both make informed choices about your health.

Source

[National Institutes of Health](#)

Videos

## **About Military Sexual Trauma**

The About Military Sexual Trauma video is intended to educate Veterans, VA staff and the general public about the types of incidents that constitute Military Sexual

Trauma (MST), the effects of MST on survivors and the services available to Veterans who have experienced MST.

Source

[Veterans Health Administration](#)

Article

## **Introducing the Beyond MST Mobile App**

The Beyond MST app was created for survivors of military sexual trauma (MST). MST is VA's term for sexual assault or sexual harassment that occurred during military service.

Source

[National Center for Post-Traumatic Stress Disorder](#)

Links

## **Headstrong - Healing the Hidden Wounds of War**

Source

[Headstrong - Healing the Hidden Wounds of War](#)

Article

## **Disability Compensation for Conditions Related to Military Sexual Trauma (MST)**

Some Veterans experience MST during their service. These traumas can affect mental and physical health, even many years later. If you experienced MST during service and suffer physically or mentally because of trauma, you may qualify for treatment.

Source

[U.S. Department of Veterans Affairs](#)

Links

## **Women Veterans Health Care, Military Sexual Trauma**

Source

[Women Veterans Health Care, Military Sexual Trauma](#)

Links

## **Military Sexual Trauma (MST)**

Source

[Military Sexual Trauma \(MST\)](#)

Links

## **U.S. Department of Veterans Affairs, Military Sexual Trauma**

Source

[U.S. Department of Veterans Affairs, Military Sexual Trauma](#)

Article

## **How to File a Well-Developed MST Claim**

Military sexual trauma (MST) is sexual harassment that is threatening or physical assault of a sexual nature. Both men and women serving in the military can suffer from MST.

Source

[StatesideLegal](#)

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