

If you experienced sexual trauma during your military service, VA can help.

Free Services

The Department of Veterans Affairs (VA) offers free health care and other benefits for current and former Service members who experienced sexual assault, harassment or abuse during military service, also known as military sexual trauma (MST).

For Current Service Members

Current Service members (including current National Guard and Reserve members) can access confidential MST-related counseling at **VA's Vet Centers without a referral** and care at VA medical facilities with a Department of Defense referral.

No Report or Evidence of MST Needed to Receive Care

No report to authorities or other documentation of the MST experience is needed to receive health care services.



For more information, scan the QR code, download the Beyond MST mobile app, or visit/call:

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www.mentalhealth.va.gov/mst

www.va.gov/find-locations

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1-800-698-2411

