

VA



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VA provides free support to help Veterans heal from military sexual trauma

WASHINGTON — The Department of Veterans Affairs (VA) is launching a national outreach effort during Sexual Assault Awareness Month to inform Veterans of free counseling and treatment being offered at VA for mental and physical health conditions related to military sexual trauma (MST).

Veterans do not need to have a VA disability rating, have reported MST or have other documentation of the experience to get this care.

These services may also be available to Veterans not eligible for other VA care.

“Sexual assault and military sexual trauma are real, the implications are serious, and the impacts are lasting,” said VA Secretary Denis McDonough. “VA is here to support military sexual trauma survivors. We want you to know that you have a safe environment here at VA and our professionals stand ready to provide you the resources you require.”

While significant numbers of Veterans of all genders and backgrounds may have experienced MST, many survivors feel alone, ashamed or unable to ask for help. Veterans who have experienced MST and would like to learn more about VA support may call their nearest [VA Medical Center](#) or [Vet Center](#) and speak with the MST coordinator or a VA health care provider.

VA uses the term MST to refer to sexual assault or sexual harassment experienced during military service.

Learn more about [MST and VA's MST-related services](#).

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