



DEPARTMENT OF VETERANS AFFAIRS RESOURCES FOR SERVICE MEMBERS WHO EXPERIENCE MILITARY SEXUAL TRAUMA

The Veteran's Administration has a range of services available to meet Military Sexual Trauma (MST) survivors where they are at in their recovery. Services are available to current or former Active Duty personnel, reservists, and members of the National Guard.

CURRENT ACTIVE DUTY, RESERVE OR NATIONAL GUARD

Any Veteran, or Service Member who was sexually traumatized while serving in the military is eligible to receive counseling. Members can access VA's Vet Centers confidentially and without a referral. There is no need to have reported the MST experience.

Military sexual trauma counseling may include individual or group counseling, marital and family counseling, referral for benefits assistance, liaison with community agencies or substance abuse information and referral to help deal with the emotions of military sexual trauma. To learn more about your eligibility and options:

https://www.vetcenter.va.gov/Military_Sexual_Trauma.asp

FORMER SERVICE MEMBERS

VA Health Care Services for MST

VA provides free treatment for any physical or mental health conditions related to a Veteran's experiences of MST. No documentation of the MST experience or VA disability compensation rating is required. Some Veterans can receive free MST-related care even if they are not eligible for other VA care: Former National Guard and Reserves members with federal active duty service or a service-connected disability who were discharged under honorable conditions or with an Other Than Honorable discharge; the service-connected disability does not need to be related to experiences of MST.

MILITARY SEXUAL TRAUMA (MST)

The Veteran's Administration (VA) uses the term military sexual trauma (MST) to refer to experiences of physical assault of a sexual nature, or sexual harassment, which occurred during military service regardless of duty status.

RESOURCES FOR MST AT THE VA

www.vetcenter.va.gov

1-877-WAR-VEWTS



Help With VA Benefits & MST Coordinator

For information about VA disability compensation visit for conditions related to MST, you can find a MST Coordinator at <https://www.benefits.va.gov/benefits/mstcoordinators.asp>

VA Non-Health Care-Related Benefits

The Veterans Benefits Administration (VBA) administers VA's non-health care-related benefits, including disability compensation for a mental or physical health condition that developed or worsened as a result of experiences of MST.

Accredited Veteran Service Organizations (VSOs) attorneys and claims agents are available to help claimants with their VA benefits claims. Service members are highly encouraged to use a representative. VSOs are free of charge.

Learn more about eligibility and start your claim today at www.va.gov.

inTransition

The inTransition program is free confidential and voluntary program that includes 24/7 coaching. inTransition is a program designed to assist service members who need mental health resources, coaching, and other help associated with PCS moves, coming home from or going to a deployment, transitioning from active duty to reserve component service, and those who are preparing to leave the military. For more information, call 1-800-424-7877 or visit <http://health.mil/inTransition>.

DoD Safe Helpline

DoD Safe Helpline is a crisis support service specially designed to provide live, one-on-one support to sexual assault survivors, their loved ones, and anyone within the DoD community looking for more information. All Safe Helpline services are confidential, anonymous, secure, and available worldwide, providing survivors with the help they need, anytime, anywhere.

Safe Helpline staff members have been trained to answer questions relating to military specific topics such as Restricted and Unrestricted Reporting and how to connect with relevant military resources, such as an installation or base's Sexual Assault Response Coordinator (SARC).

The Safe Helpline has a learning module and tool to find resources for transitioning members:

- Education Module: <https://www.safehelpline.org/TSMforSASPs>
- Resource Tool: <https://www.safehelpline.org/tsm-search>

To learn more, visit <https://safehelpline.org/> or call the hotline at 877-995-5247. Live one-on-one chat is available at <https://chat-ohl4.safehelpline.org/tos/SHL>

OTHER RESOURCES

Military One Source

<https://www.militaryonesource.mil/>

800-342-9647

Military Crisis Line

<https://www.veteranscrisisline.net/get-help/military-crisis-line>

1-800-273-8255, Press 1

Text 838255

Employee Assistance

866-580-9078

DoD SAPRO

<https://www.sapr.mil/>

Department of Air Force Resilience <https://www.resilience.af.mil/>

