

VA's Health Care Services for Military Sexual Trauma (MST)

- Military sexual trauma (MST) is **sexual assault or sexual harassment** experienced during a period of military service.
- The Veterans Health Administration (VHA) has **outpatient, inpatient, and residential services** available to assist in recovery from MST. MST-related care is available at both VA medical facilities (VA Medical Centers and Community-Based Outpatient Clinics) and VA Vet Centers. Medical facilities have MST-related mental health and medical services and Vet Centers have MST-related mental health counseling.
- VHA provides all MST-related care **free of charge**. This includes care for both mental and physical health conditions.
- Individuals **do not need to have reported MST experiences** when they happened or have other documentation that they occurred. They also do not need to initiate MST-related care within a certain time period after their experiences of MST or separation from service.

Eligibility:

- VHA's MST-related health care services are available to **Veterans and most former Service members with an Other Than Honorable or uncharacterized (entry-level) discharge**. Standard length of service requirements do not apply to eligibility for MST-related care and some individuals may be able to receive MST-related care even if they are not eligible for other VA care. Service connection (that is, a VA disability rating*) is not needed.
- **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 can also receive MST-related care; the service-connected disability does not need to be related to their experiences of MST.
- **Current Service members** can receive MST-related mental health counseling at VA Vet Centers; no TRICARE referral is needed. Services at Vet Centers are confidential with respect to the Department of Defense (DoD). Current Service members can also receive MST-related care at VA medical facilities, but a TRICARE referral is required in most cases and general TRICARE copayment requirements may apply. Current Service members' records from services at VA medical facilities are available to DoD through VA-DoD open health care record sharing.

**For more information, please contact the MST Coordinator at your nearest VA medical facility, contact your local Vet Center, or visit www.mentalhealth.va.gov/mst.
A list of VA health care facilities can be found at www.va.gov/find-locations/.**



U.S. Department of Veterans Affairs
Veterans Health Administration



VA Cares About
Military Sexual Trauma

*Note: Disability compensation is available for current health conditions that were caused by or got worse because of military service, including conditions related to experiences of MST. Information about filing an MST-related disability claim is available at www.benefits.va.gov/BENEFITS/factsheets/serviceconnected/MST.pdf