

# MILITARY SEXUAL TRAUMA

INFORMATION FOR VETERANS



# *Military Sexual Trauma*

Military Sexual Trauma (MST) is the term used to describe unwanted sexual attention, uninvited sexual advances or forced sex while in the military.

Both women and men can experience sexual harassment or sexual assault during their military service. Like other types of trauma, MST can negatively affect a person's mental and physical health. Problems associated with MST include:

- Disturbing memories
- Difficulty feeling safe
- Depression and/or Anxiety
- Self medication with drugs or alcohol
- Irritability
- Sleep disturbances
- Physical health problems

If you or someone you know has experienced Military Sexual Trauma, please contact the Oregon Department of Veterans' Affairs and ask to speak to a veterans service officer who can provide assistance that may make a difference.

**Call 800-692-9666 today.**

You're not alone – your fellow veterans care about you!

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