

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



The Department of Veterans Affairs (VA) has resources available to help current and former Active Duty personnel, reservists, and members of the National Guard who experience sexual assault and sexual harassment during military service.

The Department of Veterans Affairs (VA) uses the term military sexual trauma (MST) to refer to experiences of physical assault of a sexual nature, battery of a sexual nature, or sexual harassment which occurred during military service regardless of duty status.

## RESOURCES FOR MST:

Call

**1-877-WAR-VETS**

or visit

[www.vetcenter.va.gov](http://www.vetcenter.va.gov)

## CURRENT ACTIVE DUTY, RESERVE OR NATIONAL GUARD

Any Veteran, or Service member to include members of the National Guard and Reserve forces, who was sexually traumatized while serving in the military is eligible to receive counseling regardless of gender or era of service. You may access **VA's Vet Centers** confidentially and without a referral. You do not need to have reported your 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 you deal with the emotions of military sexual trauma and regain confidence in your everyday life.

Learn more about your eligibility and options. Visit: [https://www.vetcenter.va.gov/Military\\_Sexual\\_Trauma.asp](https://www.vetcenter.va.gov/Military_Sexual_Trauma.asp)

## FORMER SERVICE MEMBERS

### ▶ VA Health Care Services for Military Sexual Trauma

The Veterans Health Administration (VHA) provides free treatment for any physical or mental health conditions related to experiences of MST. No documentation of the MST experience or VA disability compensation rating is required. Please note, disability claims do require documentation.

Some individuals can receive this free MST-related care even if they are not eligible for other VA care, including former service members with an Other Than Honorable, General, or uncharacterized (entry-level) discharge.

For more information, please contact your nearest VA medical center and ask to speak to the MST Coordinator or visit: [mentalhealth.va.gov/msthome](http://mentalhealth.va.gov/msthome)



## ▶ 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](http://www.va.gov)

## ▶ Intransition

The DoD's **inTransition** program is a free, confidential program that offers specialized coaching and assistance for active-duty service members, National Guard members, reservists, veterans and retirees who are transitioning between mental health care providers and health care systems or seeking mental health care for the first time. Call 1-800-424-7877 or visit <http://health.mil/inTransition>

## ▶ Safe Helpline

DoD Safe Helpline is the Department's sole secure, confidential, and anonymous crisis support service specially designed for members of the DoD community affected by sexual assault. Safe Helpline is available 24/7, worldwide. DoD Safe Helpline staff provide live, one-on-one support to survivors, their families, and other DoD stakeholders. As part of the Services available to Former Service Members, the Safe Helpline website includes a comprehensive database of DoD, Veterans Affairs, and civilian resources. Individuals can search based on the Service Member's status, Service affiliation, and what resources they are interested in to populate relevant resources, including medical and mental healthcare resources, housing assistance, and veteran support. Safe Helpline has also created an online training module targeted to civilian sexual assault service providers working with former military members to provide information on some of the unique challenges survivors of sexual assault in the military face as they transition out, military structure and culture, the transition process, additional needs for those leaving the military, and available resources to address those needs.

Learn more about Safe Helpline and the resources available to former service members at <https://safehelpline.org/>

DoD  
**Safe Helpline**  
Sexual Assault Support for the DoD Community  
[safehelpline.org](http://safehelpline.org) | 877-995-5247

