

MILITARY SEXUAL TRAUMA (MST) SYMPTOMS

Military Sexual Trauma (MST) is sexual assault or sexual harassment that occurred during a Veteran's military service

COMMON ISSUES REPORTED BY MST SURVIVORS



RELATIONSHIP PROBLEMS



WEIGHT GAIN

BODY IMAGE ISSUES



WORK OR SCHOOL PROBLEMS



ALCOHOL ABUSE



UNHAPPINESS

STRONG EMOTIONS



TROUBLE SLEEPING



LACK OF MOTIVATION

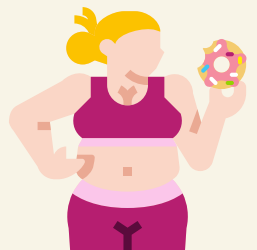


PHYSICAL PROBLEMS

RISKY BEHAVIORS



EATING ISSUES



SELF-ESTEEM PROBLEMS



INFIDELITY

TRUST ISSUES



SEXUAL CONCERNS



NEED HELP?

Visit www.mentalhealth.va.gov/msthome.asp to learn more about the MST-related recovery programs and services for women and men at VA.

REFERENCES

Infographic prepared by González & Waddington, Attorneys at Law,
<https://ucmjdefense.com>, based on <https://www.mentalhealth.va.gov>