

# 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**

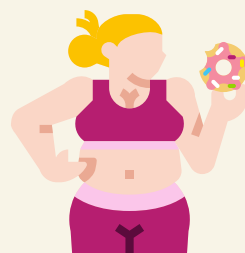


**PHYSICAL PROBLEMS**

**RISKY BEHAVIORS**



**EATING ISSUES**



**SELF-ESTEEM PROBLEMS**



**INFIDELITY**

**TRUST ISSUES**



**SEXUAL CONCERNS**



**NEED HELP?**

Visit [www.mentalhealth.va.gov/msthome.asp](http://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>