



MILITARY SEXUAL TRAUMA

CURRENT VA FORM 21-0781 GUIDE

Clear, trauma-informed guidance for building an accurate VA disability record.

CURRENT VA GUIDANCE

START WITH THE RECORD

FOUR POINTS TO UNDERSTAND

1

USE THE CURRENT FORM

VA Form 21-0781 covers mental health disorders due to in-service traumatic events.

2

21-0781a IS DISCONTINUED

VA discontinued the older personal-assault form on June 28, 2024.

3

IDENTIFY SOURCES

The form helps VA locate records, witnesses, and evidence of behavior changes.

4

GET SUPPORT IF NEEDED

An accredited representative or MST coordinator can help explain the process.

An official report is not the only way to support an MST-related claim. Evidence is evaluated under the rules applicable to the condition and claim.

