



MILITARY SEXUAL TRAUMA

MST SERVICE-CONNECTION ROADMAP

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

CURRENT VA GUIDANCE

START WITH THE RECORD

FOUR POINTS TO UNDERSTAND

1

IDENTIFY THE CONDITION

Start with a current diagnosis or documented disability.

2

DESCRIBE THE EVENT

Use current VA Form 21-0781 and provide information you can accurately give.

3

IDENTIFY EVIDENCE SOURCES

List direct records, alternative evidence, and behavior changes.

4

DEVELOP THE MEDICAL LINK

The record must connect the current condition to military service.

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.

