



MILITARY SEXUAL TRAUMA

# WHAT MST MEANS FOR VA BENEFITS

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

CURRENT VA GUIDANCE

START WITH THE RECORD

## FOUR POINTS TO UNDERSTAND

A

### MST IS AN EXPERIENCE

It is not a diagnosis and it can happen to anyone.

B

### CLAIM THE CONDITION

PTSD, depression, anxiety, and physical conditions may be claimed when supported by the record.

C

### REPORTING IS NOT REQUIRED

An official report during service is not required for an MST-related claim.

D

### CARE IS SEPARATE

Free MST-related care does not require a disability claim or VA rating.

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.

