

Recognizing the effects of military sexual trauma

Brigette: It was very difficult. Because I didn't have any family, I didn't have any friends. And I was basically just starting from scratch and figuring out what was going on. Figuring out how to find the resources that I need because by that point I had a small child who had a very severe illness. So, it was just trying to navigate through all of the different systems and work and transition out. So, it was tough.

Brigette: I ended up at the VA out of severe distress. Again, at that point I was married, and we had insurance, but my medical care had started to just basically eat up all of our money. I needed to see the doctor two or three times a month, plus the medications and then three or four different doctors. It just became too much and so I figured maybe I can go to the VA and at least get my prescriptions.

And so that's how I ended up at the VA. And my blood pressure was very out of control. Of course, my weight was out of control and I was very stressed and anxious and depressed. And so, when they screened me, they screened me positively for military sexual trauma and I didn't even know that they were doing that kind of questioning. But they sent me through the process and so that's pretty much how I ended up at the VA.

They kept saying this isn't your fault. These are the things that happen, and these are all the events that took place, so now you have to just get some help and come in, talk to somebody.



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