

You Don't Have To Face MST Alone

Robert: I'm a proud US Navy disabled, PTSD, military sexual trauma survivor. I was on a new ship, LST tank landing ship, and when I was walking ... he began to rape me.

Jennifer: I just didn't think about it. I thought it was my fault.

Robert: I isolated. I was constantly depressed because I held myself responsible for what had occurred.

Stephanie: What had happened to me in the military kind of broke my trust. I put my hands in your life. I did what you asked me to do, but when I needed help, you violated me.

Tony: Everything went downhill from there, as far as my job performance and being able to talk or say anything to anyone.

Matt: I thought about what I really wanted in my life, and I decided that I was going to give the VA a try and try to push through these issues.

Robert: And finally, I actually asked for help and I went to the VA Medical Center.

Matt: Once I started believing that these people were trying to help me and I started trusting them, that's when things really started to look up for me.

Robert: And I always say, they gave me a toolbox. They have a toolbox of life for us.

Jennifer: It's made me better. I'm a better person. I'm happy.

Stephanie: You have to decide if you want to change and you have to be willing to do the work. I encouraged them to empower themselves. I deserve this. I deserve these services. I'm going to invest in these services. And even though it's tough, if you're brave enough to serve, you're brave enough to heal.



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