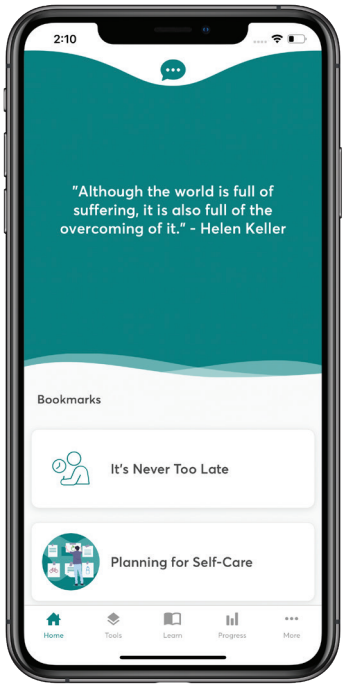
National Center for PTSD

Beyond MST

Beyond MST is a **free, easy-to-use mobile application**. It was developed by the Department of Veterans Affairs (VA). It is a **private** self-help tool for healing from the effects of military sexual trauma (MST). This app can help you **manage distress, improve your quality of life, and move forward.** Beyond MST does not replace professional care, but it can help you find hope, connect to resources, and remember you are not alone.

The **Beyond MST** app is secure. Any personal information you enter into the app stays on your device and is not shared with anyone unless you choose to do so. You can also set a passcode for more privacy.



WHAT IS MILITARY SEXUAL TRAUMA (MST)?

MST is VA's term for sexual assault or sexual harassment that occurred during military service. Veterans of all backgrounds have experienced MST. It can affect mental and physical health, even years later. MST also affects people in different ways. A variety of tools and resources—like those in **Beyond MST**—can help with healing over time.

LEARN ABOUT RECOVERY

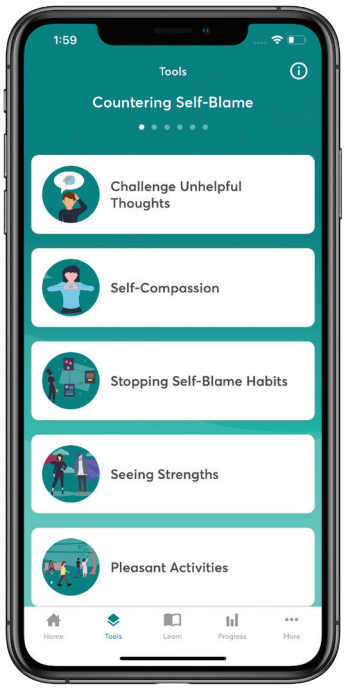
Get tips about healing and find answers to questions, like:

- What are some common struggles people have after MST?
- What supports are available?

PRACTICE NEW SKILLS

Use tools to overcome problems you may be experiencing:

- Work through self-blame, shame, sadness and stress
- Improve your relationships and feel less alone
- Take better care of yourself and feel more comfortable in your body
- Find hope to build the life you deserve



BUILD ON YOUR STRENGTHS

Personalize the app and take active steps on your recovery journey:

- Take brief assessments to understand your well-being, symptoms and beliefs about the world
- Set recovery goals and identify steps to reach them
- Create a self-care plan and set reminders

FIND HOPE AND SUPPORT

Learn more about important sources of support for MST survivors, including:

- Inspiration from other sexual trauma survivors
- VA's free MST-related services, how to get help, and what to expect
- Links to immediate sources of support if you're in crisis

You are not alone. The **Beyond MST** app can help.
For more information about MST, visit: http://www.mentalhealth.va.gov/msthome.asp

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POSTTRAUMATIC STRESS DISORDER

For more information, visit:
www.ptsd.va.gov/appvid/mobile

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