

<https://www.massagemag.com/veterans-massage-for-ptsd-relief-89140/> (COMMUNITY CARES)

<https://youtu.be/2R-SqtAhki8> (CC video for PTSD/TBI/MST)

<https://www.ptsd.va.gov/professional/consult/index.asp> (CC PTSD Consultation Program for providers)

<https://www.mentalhealth.va.gov/ptsd/treatment.asp> (CC PTSD TREATMENT)

<https://www.mentalhealth.va.gov/ptsd/next-step.asp>

<https://youtu.be/bbsmhrOiWSw> (CC video for TBI)

<https://www.mentalhealth.va.gov/tbi/next-step.asp>

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## VA Resources




### [Beyond MST Mobile App](#)

Free, secure and private self-help mobile app created specifically to support the health and well-being of survivors of MST. The app has over 30 specialized tools and other features to help MST survivors cope with challenges, manage symptoms, improve their quality of life and find hope. Users do not need to create an account or be in treatment to use the app. Any personal information entered in the app is not shared with anyone, including the VA.

### Fact Sheets

Below are downloadable brochures for survivors, educational tools for providers, and articles that help survivors and providers learn more about MST and VA's free MST-related services.

- [Military Sexual Trauma Fact Sheet](#)  
Background information about MST, including what it is, how it can affect survivors, and help available through VA.
- [Help for Veterans Distressed by Recent Events Related to MST and Violence Toward People of Color](#) 

Coping suggestions and resources for connecting with care for MST survivors and others feeling pain and distress due to recent events related to MST and violence toward people of color.

- [\*\*Managing Stress Related to Coronavirus\*\*](#)  
Lists tips and resources that can help MST survivors cope and improve their wellbeing during the pandemic.
- **Brochure for MST Survivors** ([English](#) / [Spanish](#))  
An overview of issues related to MST and how to access VA services.
- **Men and MST — Educational Brochure** ([English](#) / [Spanish](#)) and Infographic ([English](#) / [Spanish](#))  
Information on men's recovery from MST.
- **Women and MST — Infographic** ([English](#) | [Spanish](#))  
Information on women's recovery from MST.
- [\*\*Help for Veterans Affected By Recent Public Discussions About Sexual Abuse\*\*](#)  
Information, coping suggestions, and resources for connecting with care for MST survivors who may be feeling distressed by recent public discussions about sexual assault and harassment.
- [\*\*Top 10 Things Healthcare and Service Professionals Should Know about VA's MST Services\*\*](#)  
Quick reference information for non-VA service providers about VA's MST-related offerings.
- [\*\*VA's Health Care Services for MST\*\*](#)  
Summary of eligibility requirements and types of MST-related health care services available through VA.
- **VA Disability Compensation for Conditions Related to MST—** [Fact Sheet](#) and [General Information](#) —  
Details on VA's disability compensation for conditions related to MST. (Veterans **do not** need to have a VA disability rating to receive free MST-related treatment through VA.)

## Stories of Recovery

- [\*\*MakeTheConnection.net\*\*](#)  
Visit this site to view stories from Veterans who have overcome mental health challenges, including [those related to MST](#). **Make the Connection** is a one-stop resource where Veterans and their families and friends can explore information on mental health issues, hear fellow Veterans and their families share stories of resilience, and access the support and resources they need.
- [\*\*Military Sexual Trauma: Stories from Survivors\*\*](#)  
In this article, two MST survivors, John and Glenda, share their stories of recovery from MST. They also describe how taking advantage of free services from the VA helped with this process.
- [\*\*Veteran Learns to "Face her Demons" with VA PTSD Treatment\*\*](#)  
Michelle Covert had PTSD for 24 years but didn't know it. Today, thanks to her treatment at a VA hospital, she is working, happy and determined to be a "voice of hope."

- [\*\*“I made it!”: Massachusetts Veteran with PTSD turns his life around\*\*](#)  
Rich Adams was sexually assaulted while in the Navy and retreated into a life of shame and anger. Treatment has turned his life around dramatically.
  - [\*\*The ‘Invisible Monster’: A Homeless Female Veteran’s Journey to Take Back Her Life from PTSD\*\*](#)  
Casandra Williams struggled after experiencing MST during her service. It took courage for her to reach out for help from the VA, but doing so has helped her take her life back.
  - [\*\*When a Victim Becomes a Victor: This Navy Veteran Stands on His Story of Military Sexual Assault\*\*](#)  
Navy Veteran Timothy Jones shares his story of coming forward and recovering from MST, and the courageous steps he took to accept assistance from VA homelessness and mental health programs along the way.
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## Other Resources

### [Health.mil](#)

Information about the Department of Defense Sexual Assault Prevention and Response programs.

### [Department of Defense Safe Helpline](#)

This crisis support service is available to any member of the Department of Defense community affected by sexual assault. You can click, call, or text to get anonymous one-on-one advice, support, and information 24 hours a day, 7 days a week. Go to [www.safehelpline.org](http://www.safehelpline.org) for a live chat or to view resources.

### [Building Hope and Resiliency Online Course](#)

This self-guided program helps active duty Service members begin to recover, heal, and enhance their resiliency after experiencing sexual assault in the military. This resource is also useful for providers working with survivors.

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[https://www.va.gov/WHOLEHEALTH/professional-resources/Message\\_Therapy.asp](https://www.va.gov/WHOLEHEALTH/professional-resources/Message_Therapy.asp)

<https://www.va.gov/WHOLEHEALTH/veteran-handouts/index.asp>

# Veterans Whole Health Education Handouts

## Whole Health: Information for Veterans

Listed below are Veteran whole health education handouts to support the Whole Health journey. They are organized around the eight areas of self-care in the [Circle of Health](#) and the two areas in the middle.

At the Center of the Circle of Health

- Whole Health: It Starts with Me: [PDF](#)

### Mindful Awareness

- An Introduction to Mindful Awareness: [PDF](#)
- Mindful Awareness Practice in Daily Living: [PDF](#)
- Precautions with Using Mindful Awareness Practices [PDF](#)

### Power of the Mind

- An Introduction to the Power of the Mind: [PDF](#)
- Breathing and Health: [PDF](#)
- Progressive Muscle Relaxation and Progressive Relaxation [PDF](#)
- Seated Meditation [PDF](#)
- Biofeedback: [PDF](#)
- Mantram Meditation [PDF](#)
- Autogenic Training [PDF](#)
- Hypnotherapy [PDF](#)

### Food and Drink

- An Introduction to Food and Drink for Whole Health: [PDF](#)
- Carbohydrates and Your Health - Glycemic Index, Glycemic Load and Blood Sugars: [PDF](#)
- Deciding How to be a Healthier Eater [PDF](#)
- Eating to Reduce Inflammation [PDF](#)
- Healthy Tips on Eating Out and Grocery Shopping: [PDF](#)
- Mindful Eating: [PDF](#)
- How a Healthy Gut Makes for a Healthier You: [PDF](#)
- Probiotics for Specific Conditions [PDF](#)
- How to Eat a Mediterranean Diet: [PDF](#)
- When Your Food & Drink Could Be Causing You Problems: Elimination Diets: [PDF](#)
- Eating to Reduce Irritable Bowel Symptoms: The FODMaP Diet: [PDF](#)

- Whole Health Food, Drink, Activity and Symptom Log: [PDF](#)

### Working the Body

- An Introduction to Working the Body for Whole Health: [PDF](#)
- Get Moving: Adding Physical Activity into Your Routine: [PDF](#)
- An Introduction to Yoga for Whole Health: [PDF](#)
- An Introduction to Tai Chi and Qigong for Whole Health [PDF](#)

### Recharge

- An Introduction to Recharge for Whole Health: [PDF](#)
- Hints for Encouraging Healthy Sleep: [PDF](#)
- Change Your Habits to Sleep Better: [PDF](#)
- The Health Benefits of Pausing and Taking Breaks: [PDF](#)
- Counseling for Insomnia: [PDF](#)

### Spirit and Soul

- An Introduction to Spirit and Soul for Whole Health: [PDF](#)
- Deciding What You Need for Spiritual Health: [PDF](#)
- How Do You Know That? Beliefs and Your Health: [PDF](#)
- Spiritual Anchors: [PDF](#)
- Chaplains: [PDF](#)

### Personal Development

- An Introduction to Personal Development: [PDF](#)
- Finding Balance: [PDF](#)
- The Healing Power of Hope and Optimism: [PDF](#)
- Create a Gratitude Practice: [PDF](#)
- Forgiveness: [PDF](#)
- What Matters Most? Exploring Your Values: [PDF](#)
- Laughter Heals: [PDF](#)

### Family, Friends and Co-workers

- An Introduction to Family, Friends and Co-workers: Connecting for Whole Health: [PDF](#)
- Relationships and Health: [PDF](#)
- Compassion Practice: [PDF](#)
- Coping with Grief Following a Death: [PDF](#)

### Surroundings

- Introduction to Surroundings for Whole Health: [PDF](#)
- Assessing Your Surroundings: [PDF](#)
- Too Much Bad News- How to do an Information Fast: [PDF](#)
- Toxins and Your Health: [PDF](#)
- Workaholism: [PDF](#)
- Improve Your Health by Removing Toxins From Your Body: [PDF](#)
- Ergonomics: Positioning Your Body for Whole Health: [PDF](#)

<https://www.va.gov/WHOLEHEALTH/veteran-resources/MobileApps-OnlineTools.asp>

<https://www.warrelatedillness.va.gov/education/STAR/>

<https://vetsbenefits.net/massage-therapy-t70143.html>