

FAQ

What is MST?

- **Military sexual trauma, or MST**, is sexual assault or sexual harassment that occurred during military service. People of all genders and backgrounds have experienced MST.

Who can use Beyond MST?

- Beyond MST was specially designed for **individuals who experienced MST**. However, it may be helpful for anyone who has had unwanted sexual experiences in or out of the military.

How private is my information?

- You do not have to enter any identifying information about yourself to use the app.
- VA mobile mental health apps are held to strict privacy standards, so no data that could identify you is sent to VA or third parties.
- Any information you choose to enter in the app, such as goals, symptoms, phone numbers, or images, stays on the app and cannot be accessed, stored, or shared by VA. You can also set a pin lock on the app for extra privacy.
- For more information, read the full privacy policy for mobile mental health apps: www.ptsd.va.gov/appvid/mobile/#privacy

Is Beyond MST only for people who are in treatment?

- Beyond MST can be helpful whether or not you are in treatment. It is not meant to replace professional treatment.
- Beyond MST can help you find hope, get support, and realize you are not alone.

For more information about MST, please visit:

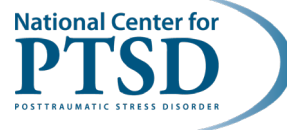
www.mentalhealth.va.gov/msthome.asp

For more information about Beyond MST, please visit:

www.ptsd.va.gov/appvid/mobile/beyondMST.asp

Do you have questions about Beyond MST? We would love to hear from you!

MobileMentalHealth@va.gov



BEYOND MST

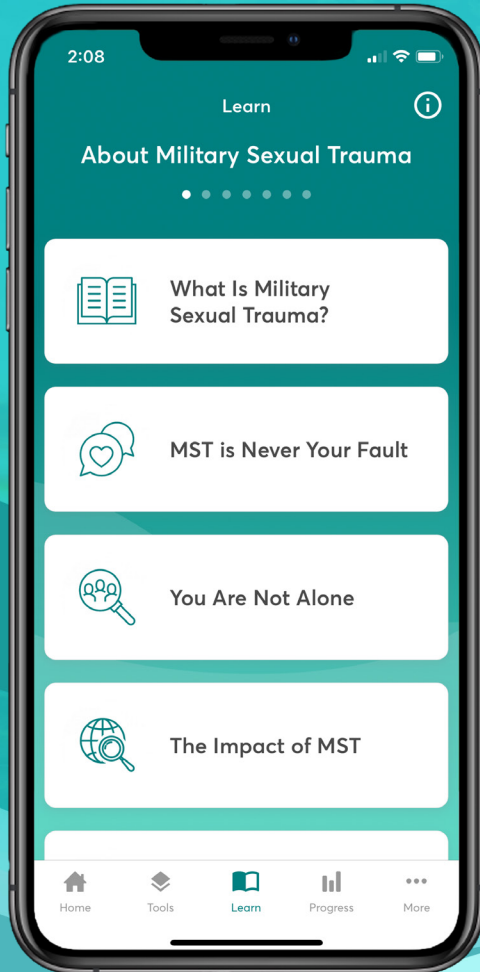
Beyond MST is a free and secure self-help mobile app created specifically to support the health and well-being of survivors of military sexual trauma (MST).

***You are not alone:
The Beyond MST app can help.***



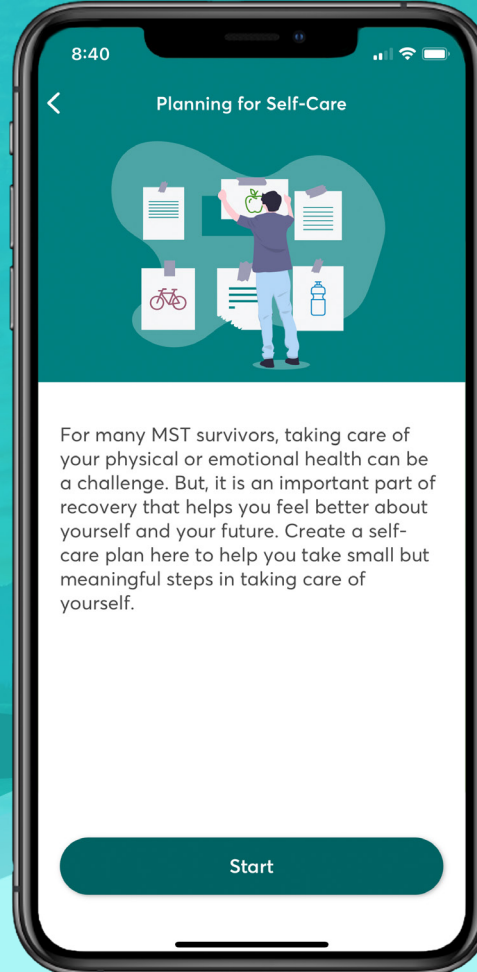
Available for mobile iOS devices (iPhone, iPod touch, and iPad) and Android phones and tablets.

LEARN



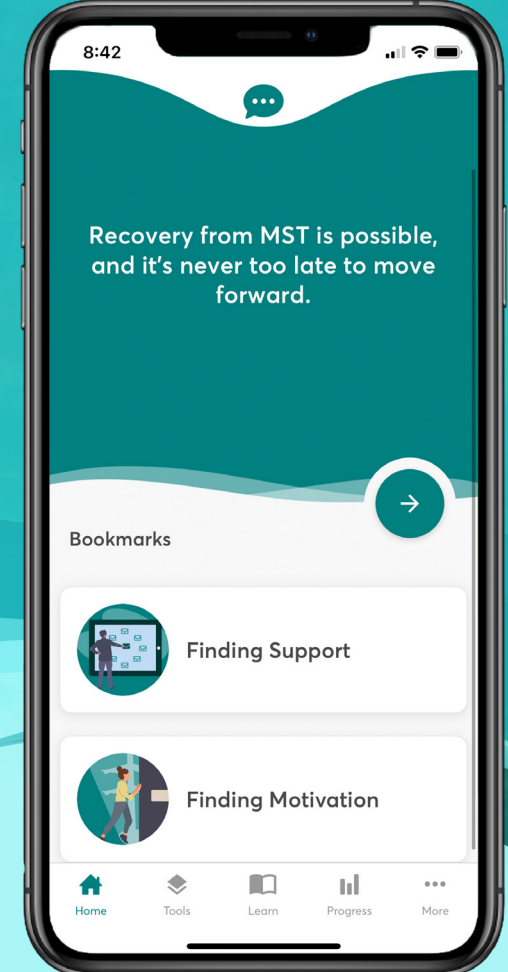
- Read about common concerns among MST survivors
- Learn about supports and how to get help in a crisis
- Find inspiration for your own recovery

PRACTICE SKILLS



- Use tools that teach skills for improving your life after MST
- Create plans to take care of yourself and manage painful thoughts and emotions
- Find hope to move forward and build the life you deserve

TRACK PROGRESS AND GOALS



- Track progress toward achieving your goals and improving your well-being
- Take brief assessments to understand your symptoms and how you think about the world
- Get helpful feedback and recommendations for new things to try