

About *Beyond MST*

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

Learn and practice skills to:

- Work through self-blame and identify your strengths
- Manage stress, reduce unhelpful thoughts
- Improve communication in relationships
- Create self-care plans to support your physical and emotional well-being
- Find hope and build the life you deserve

