



Military Sexual Trauma & Its Effects

Emotional Reactions

- Guilt
- Shame
- Fear
- Sadness
- Isolation



Physical Reactions

- Changes in eating patterns
- Increased startle response
- Changes in sleeping patterns
- Chronic pain



Psychological Reactions

- Post Traumatic Stress Disorder
- Flashbacks
- Low mood
- Feeling of personal powerlessness
- Distrust of others



Sociological Impact

- Victim Blaming
- Secondary Victimization
- Isolation



Need Help?

Visit www.saluteheruk.co.uk for more information on how we can help you today.

