

FREE ONLINE MENTAL HEALTH RESOURCES FOR VETERANS

FREE ONLINE SKILL-BASED CLASSES



Vets Prevail: Provides individualized evidence-based (CBT) mental health interventions to individuals who otherwise may not be able or willing to engage with traditional avenues for care. It's interface is very interactive, almost reminiscent of a video game, and Veterans earn points for completing courses that they can trade in for gift cards. <https://www.vetsprevail.org/>



PTSD Coach Online: Tools for coping with sadness, anxiety, and other symptoms that people who have been through trauma can develop. Some tools are brief and can help you relax when you feel stressed, or improve your mood, for example. Longer tools teach you how to tackle difficult problems, change thinking patterns, and take steps to achieve your goals.

<http://www.ptsd.va.gov/apps/ptsdcoachonline/default.htm>



Moving Forward: Online educational and life coaching program that teaches Problem Solving skills (8 classes) to help Veterans to better handle life's challenges. It is designed to be especially helpful for Veterans, Military Service Members and their families. <http://www.veterantraining.va.gov/apps/movingforward/index.html>



Afterdeployment.org: Self-care solutions targeting post-traumatic stress, depression, anger, anxiety, stigma, mild TBI, sleep, health & wellness, MST, financial health, work adjustment, and other behavioral health challenges commonly faced after a deployment. <http://afterdeployment.t2.health.mil/>



Veteran Parenting: Online course featuring key tools to support your parenting. This parenting strategies learning program is targeted to Service Member and Veteran parents. You will find guidance to help you reconnect with your children after a deployment and beyond.

<http://www.veterantraining.va.gov/apps/veteranparenting/index.html>



Veterans Crisis Line: Connects Veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders. Veterans and their loved ones can call 1-800-273-8255 and Press 1. www.veteranscrisisline.net

FREE ONLINE EDUCATIONAL / INFORMATION SITES



Make the Connection: A national, public awareness campaign that features candid, personal testimonials from Veterans and their loved ones. This website gives information on everything from transitioning out of the military, homelessness, depression, anxiety, feeling on edge, chronic pain, drugs/alcohol problems, and countless other topics. www.maketheconnection.net



V.E.T.S. : serves America's veterans and separating service members by preparing them for meaningful careers, providing employment resources and expertise, and protecting their employment rights. <http://www.dol.gov/vets/>

Veterans Employment Toolkit: <http://www.va.gov/vetsinworkplace/>

Hire Our Heroes: <https://www.hireheroesusa.org/>