

# VA ONLINE PROGRAMS

[www.ptsd.va.gov/appvid/courses.asp](http://www.ptsd.va.gov/appvid/courses.asp)



Aim your phone/tablet camera here for links

Online programs from the Department of Veterans Affairs provide help, education, and support to Veterans and Service members. These online programs can be used by anyone to support recovery, including people who are in treatment and those who are not. They feature coping tools, educational readings, self-assessment tools, and access to resources. If you are in treatment with a health care professional, ask if you should add an online program to your treatment plan. These programs do not replace professional care – they are an additional resource available to you.



## PTSD Coach Online

Cope with upsetting thoughts and reduce other symptoms of PTSD.

[www.ptsd.va.gov/apps/ptsdcoachonline](http://www.ptsd.va.gov/apps/ptsdcoachonline)



## Anger and Irritability Management Skills (AIMS)

Manage your anger and develop self-control over your thoughts and actions.

[www.veterantraining.va.gov/aims](http://www.veterantraining.va.gov/aims)



## Moving Forward

Improve your problem-solving to overcome obstacles and meet your goals.

[www.veterantraining.va.gov/movingforward](http://www.veterantraining.va.gov/movingforward)



## Community Reinforcement and Family Training – Posttraumatic Stress Disorder (CRAFT-PTSD)

A self-paced online course for family members of someone working to manage PTSD.

[www.ptsd.va.gov/apps/CRAFTPTSD/](http://www.ptsd.va.gov/apps/CRAFTPTSD/)



## My Recovery Plan

Create a self-designed prevention and wellness plan for your mental and physical health.

[www.veterantraining.va.gov/recovery](http://www.veterantraining.va.gov/recovery)



## Parenting for Veterans and Service Members

Strengthen your parenting skills and connect with your children.

[www.veterantraining.va.gov/parenting](http://www.veterantraining.va.gov/parenting)



## Path to Better Sleep

Improve your sleep habits and get more rest.

[www.veterantraining.va.gov/sleep](http://www.veterantraining.va.gov/sleep)