

FREE ONLINE MENTAL HEALTH RESOURCES FOR VETERANS

FREE ONLINE SKILL-BASED CLASSES



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 & Stress Management (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>



Anger and Irritability Management Skills: This online course is based on training that was developed specifically for Veterans and has been successfully used by Veterans and Service Members around the world. This course offers a wide range of practical skills and tools to manage your anger and develop self-control over your thoughts and actions.

<http://www.veterantraining.va.gov/AIMS/>



Path to Better Sleep: This course provides online Cognitive Behavioral Therapy for Insomnia (CBTi) to help Veterans with trouble falling or staying asleep. CBTi is different than the typical sleep hygiene information you typically get from a healthcare provider. Instead it requires lifestyle changes which help you learn how to retrain your mind and body to improve your sleep without medications. This treatment last six weeks to target and modify three areas to improve sleep: broken sleep patterns, poor sleep behaviors, and unhelpful thoughts. CBTi is not recommended for individuals with Bipolar Disorders.

<https://www.veterantraining.va.gov/insomnia/index.asp>



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>

Palouse Mindfulness Midfulness-Based Stress Reduction

Mindfulness-Based Stress Reduction (MBSR) this free 8-week online course. Mindfulness-Based Stress Reduction (MBSR) is a blend of meditation, body awareness, and yoga: learning through practice and study how your body handles (and can resolve) stress neurologically.

<https://palousemindfulness.com/>



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 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/>



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 , Text at 838255, or chat online at www.veteranscrisisline.net

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VA LifeGuard is a site that gives Veterans and their family members an opportunity to experience/learn five skills that help them respond to their thoughts, feelings, and memories that occur on a daily basis. <http://www.mirecc.va.gov/apps/activities/lifeguard/>



Together Strong: Interactive web course that lets you practice what to say and do when a peer is struggling with adjustment to civilian life. Through interactive role-play and simulations, you'll become prepared to have a conversation that will motivate a friend to seek help, build resilience, and lead a positive life. <https://jointogetherstrong.com/>

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. <http://maketheconnection.net/>



AboutFace is a website where Veterans can learn about PTSD, explore treatment options and, most importantly, hear real stories from other Veterans and their family members and get advice from clinicians who have treated thousands of cases of PTSD. <http://www.ptsd.va.gov/apps/AboutFace/info/about-us.html>



Real Warriors is a multimedia public awareness campaign designed to encourage help-seeking behavior among service members, veterans and military families coping with invisible wounds. You may have concerns about navigating the health care system, understanding your benefits and accessing the care you need. Real Warriors provides resources to help you with administrative discharge, reevaluation, combat stress signs and symptoms and up-to-date treatment options. <http://realwarriors.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. <https://www.dol.gov/agencies/vets/veterans>

Veterans Employment Toolkit:

<https://www.va.gov/VETSINWORKPLACE/veteranresources.asp>

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

Military MOS to Civilian Occupation Translator:

<https://militaryconnection.com/military-skills-translator/>



Wounded Warrior Project is a charity and veterans service organization that offers a variety of programs, services and events for wounded veterans of the military actions following September 11, 2001. <https://www.woundedwarriorproject.org/>



Military Connection Resource that provides the military community and veteran community with up-to-date government resource web sites. Veterans, servicemembers and military family members need government resources and easy access to veteran resource web sites. <https://militaryconnection.com/veterans/veteran-government-resource-sites/>

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eBenefits is a portal; a central location for Veterans, Service Members, and their families to research, find, access, and, in time, manage their benefits and personal information. You can also access the National Resource Directory (NRD). The NRD contains information from federal, state and local government agencies; Veteran and military service organizations; non-profit and community-based organizations; academic institutions and professional associations that provide assistance to wounded warriors and their families.

<https://www.ebenefits.va.gov/ebenefits-portal/ebenefits.portal>



My HealtheVet is VA's online personal health record. It was designed for Veterans, active duty Service members, their dependents and caregivers. My HealtheVet helps you partner with your health care team. It provides you opportunities and tools to make informed decisions and manage your health care. With a premium account with blue button, you can send secured messages to providers, request medication refills, view medical notes, and much more! <https://www.myhealth.va.gov/index.html>



Justice for Vets: In 2009, the National Association of Drug Court Professionals (NADCP) launched Justice For Vets: The National Clearinghouse for Veterans Treatment Courts. Justice For Vets (JFV) is exclusively committed to ensuring that veterans involved in the criminal justice system have access to Veterans Treatment Courts and the benefits, services and treatment they have earned. <https://justiceforvets.org/>

FREE ONLINE SUPPORT GROUPS/PEER TO PEER PROGRAMS



National Alliance on Mental Illness (NAMI):

- **Online and Telephone Support Groups** - The organizations below offer online support in the form of chat rooms, forums, online meetings and phone in support groups and meetings. <https://namimainlinepa.org/online-and-telephone-support-groups/>
- **NAMI HomeFront** is a free, 6-session educational program for families, caregivers and friends of military service members and veterans with mental health conditions <https://www.nami.org/find-support/nami-programs/nami-homefront>



Vets4Warriors is a national 24/7-peer support and resource connection network for veteran and military communities. They are 100% staffed by trained veterans and members of the military community, their families or caregivers to provide peer support for physical, mental, and social challenges before they turn into crises. <https://www.vets4warriors.com/>



The Warm Line is a confidential, consumer-run telephone service providing peer support, resource referrals, non-judgmental listening, and shared experiences of hope and recovery to anyone who calls. The Warm Line is perfect for those just needing someone to talk to who understands what they are going through. To speak with a Peer Support Specialist, please call 1.800.888.6161 and ask to be connected to the Warm Line Monday through Friday, from 1pm – 10pm EST.



DBSA online support groups provide people living with depression and bipolar disorder a place to share experiences, discuss coping skills, and offer hope to one another. DBSA support groups are free, peer-led, meaning they are facilitated by someone living with a mood disorder. Currently there are groups for peers, young adults, and friends and family members. <https://www.dbsalliance.org/support/chapters-and-support-groups/online-support-groups/> or DBSA text support line, Text "DBSA" to 741-741

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Alcoholics Anonymous (AA) Group online. Welcome to a growing community of motivated individuals who will support and inspire you along your 12-step journey. We are here to help. We work to keep out bots, spammers, sales, advertisers, commercials, commercial business, and folks who do not play well with others using the Internet who are disruptive to an AA Meeting online. Drunk drinkers and wet albies always welcome. You do not have to be sober to be here. <https://www.onlinegroupaa.org/>



Narcotics Anonymous is a 12-Step program for recovering narcotics addicts – offers a source of long-term support for people recovering from narcotics addictions. Though not intended as a replacement for the traditional, face-to-face meeting approach, online meetings offer an alternative option for people unable to attend traditional meetings. Online meetings can also provide a supplemental support option for times when a person cannot make it to a local Narcotics Anonymous meeting. <https://www.narcotics.com/narcotics-anonymous/narcotics-anonymous-online-meetings/>

RESOURCES FOR FREE SERVICES FOR VETERANS



Vet Centers are community-based counseling centers that provide a wide range of social and psychological services, including professional readjustment counseling to eligible Veterans, active duty service members, and National Guard and Reserve components. Individual, group, marriage and family counseling are offered. Veterans are eligible if they served in a combat zone or experienced military sexual trauma. <https://www.vetcenter.va.gov/>



Give an Hour is a nation-wide non-profit that provides free, time-limited, therapy to Active Duty, Veterans, and their families. Services are offered in person, via phone, or telehealth by licensed therapists who agreed to donate their time. Use the provider search to connect with a therapist in your area. <https://giveanhour.org/get-help/>



Connected Warriors provides trauma-informed yoga classes to Service Members, Veterans and Their Families at no cost using community-based partnerships. Connected Warriors offers classes are available in 24 states and counting. We can be found at local yoga studios, universities, VA Medical Centers, Vet Centers, military ships and military facilities across the Nation and abroad. To find a class visit: <https://connectedwarriors.org/>



Project Healing Waters Fly Fishing, Inc. is dedicated to the physical and emotional rehabilitation of disabled active military service personnel and disabled veterans through fly fishing and associated activities including education and outings. <https://projecthealingwaters.org/>



Fitness Blender offers free online fitness videos for anyone: <https://www.fitnessblender.com/>