

VETCHANGE

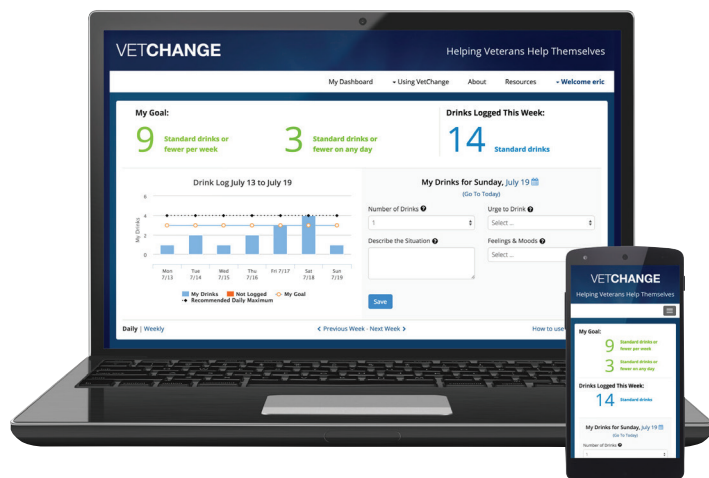
For Veterans concerned about their drinking

VetChange is a **free and confidential** online program created for Veterans and active duty military who are concerned about their drinking.

Based on scientific research, VetChange can help you build skills to better manage your drinking and other problems that can happen after deployment, including symptoms of posttraumatic stress disorder (PTSD).

The program is entirely self-guided, so **you're the one in charge:**

- ✓ Set your own goals
- ✓ Learn at your own pace
- ✓ Track your own progress



Works on
smartphones,
tablets and
computers

Putting **YOU** in Charge



Set goals

Do you want to stop drinking, or cut back? Make the choice that's right for you.



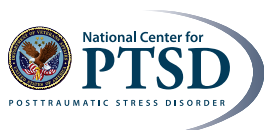
Track your progress

See what's working with daily check-ins and personalized feedback.



Educate yourself

Learn to manage risky situations for drinking—like stress, sleep, anger, or other feelings.



Sign up for a free account today!
<https://www.ptsd.va.gov/apps/change>