

# VETCHANGE



Works on smartphones,  
tablets and computers

## 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

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



National Center for  
**PTSD**

POSTTRAUMATIC STRESS DISORDER

# VETCHANGE

## 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.

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