



## VETCHANGE

Learn to better manage your drinking and symptoms of PTSD

- ✓ Free & confidential
- ✓ Based on scientific research

Sign up for a free account today!

<https://www.ptsd.va.gov/apps/change>

You're the one in charge:

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

# VETCHANGE

For Veterans concerned about their drinking

<https://www.ptsd.va.gov/apps/change>