



Web Programs by US Department of Veterans Affairs National Center for PTSD | Mental Health Services



[AIMS: 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/>



[MoodGym](#)

MoodGym is a free, [evidence-based](#) online program for improving psychological health using cognitive-behavioral principles. MoodGym helps users identify their emotions, cope with stress, understand the relationship between thoughts and emotions, manage relationships, and improve self-esteem.resources.

<https://moodgym.anu.edu.au/welcome/new/splash>



[Moving Forward](#)

Online educational and life coaching program that teaches Problem Solving skills (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/movingforward/>



[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>



[Veteran Parenting](#)

Online course featuring key tools to support healthy parenting skills. This learning program is designed to help Veterans and Service Members learn positive parent-child communication strategies, ways to manage kids' difficult emotions and behaviors, positive discipline, stress management, and skills for parenting when living with

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