

VETCHANGE

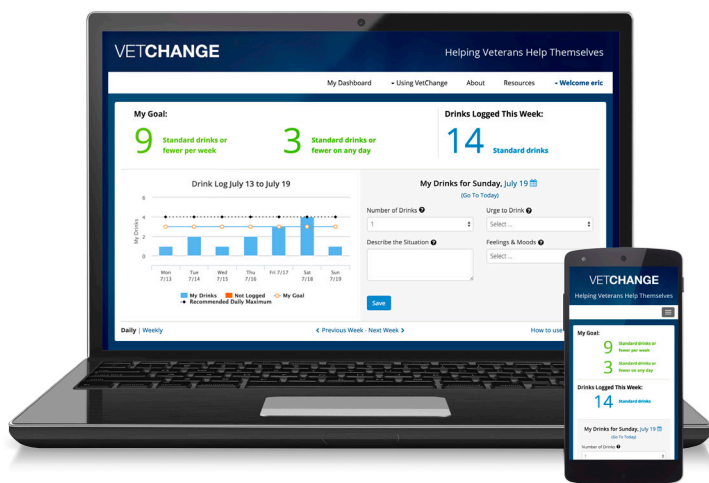
For veterans concerned about their drinking

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



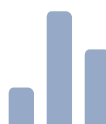
Works on smartphones, tablets and computers.

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! www.VetChange.org