National Center for PTSD
Comprehensive research-based education and products to help with trauma and PTSD. Two main sections contain training and assessment information for professionals and education, self-help tools, videos and modules for Veterans and the General Public. Please visit to explore. www.ptsd.va.gov

Home Base Program
The Red Sox Foundation and Massachusetts General Hospital Home Base Program provides clinical care and support services to New England-area service members, veterans and families affected by deployment-related stress. Also offers clinical and community education about the "invisible wounds of war," and the challenges of military families as well as conducting research. www.homebaseprogram.org

Mobile Apps: These apps provide self-help, education and support for people following trauma. Also find treatment companion apps, for use between a patient and a health care provider, to make treatment easier (for iOS and Android devices). www.ptsd.va.gov/professional/materials/apps/

VA Campus Toolkit: Provides college faculty, staff, and administrators with resources to support student Veterans who are adjusting to campus life. www.mentalhealth.va.gov/studentveteran/

Center for the Study of Traumatic Stress: From research to intervention, the Center focuses on the impact of war and its effects (including deployments, injury, and loss) on service members, parenting and family function. www.cstsonline.org

VA Services for Women Veterans: Information on VA mental health services and links to VA Women Veterans Health Care more broadly. www.mentalhealth.va.gov/womenvets.asp

Veteran and Family Online Self-Help

Moving Forward: An on-line educational and life coaching program that teaches Problem Solving skills to help Veterans, families and others to better handle life’s challenges. www.startmovingforward.org

Parenting for Service Members and Veterans: A free web course with tools to strengthen parenting skills and help parents reconnect with their families. The course helps parents deal with both everyday problems and family issues unique to their military lifestyle or history. www.veteranparenting.org

PTSD Coach Online: Choose from 17 tools to help you manage stress. Learn to manage troubling symptoms following trauma, such as sleep problems, traumatic memories and anger. www.ptsd.va.gov/public/treatment/cope/

Staying Strong: A parent guided educational program that strives to build understanding and support within all communities that touch military children and their families. http://stayingstrong.org