



Training and Resources for Veterans' Mental Health Care

General Resources for Veterans

[Lifeline for Vets](#)

Provides crisis management, information, and referral needs of all U.S. Veterans and their families. Non-governmental and uses peer model.

[Onward Ops](#)

Provides support to active-duty service members as they navigate their way back into civilian life by connecting new Veterans with trained sponsors from their destination community, focusing on the 12 months between leaving the military and reintegrating into civilian life.

[Veteran Resources](#)

A resource guide for individuals working with service members, veterans, families, and their caregivers.

Suicide Prevention

[New York State Veteran Suicide Data and Prevention Efforts](#)

A prerecorded discussion about trends in veteran suicide in New York and nationally; the role of firearms; and prevention efforts deployed in New York State that may serve as a guide for others to replicate.

[Suicide Risk Management Consultation Program](#)

The Suicide Risk Management Consultation Program provides free consultation, support, and resources that promote therapeutic best practices for providers working with Veterans at risk for suicide.

Trauma and Mental Health

[Military Sexual Trauma](#)

This webpage is a list of training resources broken down into medical professionals, mental health professionals, and civilian providers, in addition to other resources. This webpage also links to other pages about anxiety, bipolar disorder, depression, PTSD, schizophrenia, substance use disorder, suicide prevention, and traumatic brain injury.

[Post Traumatic Stress Disorder](#)

Information and resources including a PTSD Coach app to help veterans learn about and cope with symptoms of PTSD.

[PTSD: National Center for PTSD](#)

PTSD is a mental health problem that some people develop after experiencing or witnessing a life-threatening or traumatic event. Includes information on understanding PTSD, treatment, and assessment and sections specifically for family/friends and providers.

[VA Mental Health Services Co-Occurring Disorders Toolkit](#)

This toolkit provides information about resources to support providers in treating a range of conditions including those that co-occur with posttraumatic stress disorder, traumatic brain injury, mood disorders, and substance use disorders.

[Sexual Trauma and Domestic Violence](#)

Veterans' Services assists survivors of trauma and violence with the care, compassion, and resources.

Training and Coursework

[Military Culture: Core Competencies for Healthcare Professionals](#)

This course, made up of four modules that each take about two hours to complete, aims to help you understand the role that military culture plays in the lives of coworkers and includes free continuing education units.

[Military Culture: Enhancing Clinical Competence](#)

This course is for civilian mental health providers who want to develop a better understanding about how the military works.

[Psych Armor](#)

Over 250 free courses to transform the way our nation engages with the military and Veteran community. Some courses include free continuing education units.

[Veteran's Cultural Competence Training](#)

Seeking to close the veteran-civilian divide: a day-long immersive experience, attendees gain a new perspective on what it is like to be a veteran and the emotions they may experience in day-to-day life. Participants gain knowledge of military customs, norms, and ideals.

[Veterans Mental Health Training Initiative](#)

This is a multi-year, comprehensive training project aimed at increasing the number of community health and mental health professionals clinically trained in the assessment and treatment of mental health issues specific to veterans and their families, and includes free continuing education units.

Other Resources

New York State

[New York State Department of Veterans' Services](#)

[New York State Chapter of National Association of Social Workers](#)

National

[National Veterans Foundation](#)

[Uniformed Services University, Center for Deployment Psychology](#)

[U.S. Department of Veterans Affairs](#)