MOVING FORWARD

OVERCOMING LIFE'S CHALLENGES

www.VeteranTraining.VA.gov/MovingForward

Moving Forward: Overcoming Life's Challenges provides free problem-solving tactics for Veterans, Servicemembers and their families. This web tool, developed by Departments of Defense (DoD) and Veterans Affairs (VA), teaches problem-solving skills to overcome obstacles and manage life's challenges. While these modules were designed specifically for Veterans and Servicemembers, they are helpful to anyone. They offer tools to reduce stress and avoidance, increase optimism and manage difficult situations, such as finding a job or dealing with a serious health issue.

The **online course** features eight modules, each containing videos, games and interactive exercises:

1. **Why Should You Take This Training?**
2. **What is the Moving Forward Program?**
3. **What Type of Problem-Solver Are You?**
4. **How to Solve Problems When Your Brain is Overloaded**
5. **How to Solve Problems When Under Stress**
6. **How to Solve Problems Step-by-Step**
7. **How to Start Solving Your Problems Now**
8. **Where Should You Go From Here?**

The course is free and registration is not required. No personal information is requested or stored by the website.

Moving Forward also has a companion **mobile app** available for download on iTunes. The app is a convenient way to practice and use tools learned from the online course. It allows users quick and easy access to stress reduction and problem-solving tools

Veterans who have used Moving Forward have given it high marks, noting that it helped them feel more confident about their future, more able to cope with stress and more optimistic about handling difficult problems that may arise.

(Source: Veterans Health Administration)

Moving Forward is not intended to replace professional care nor be used during a crisis. It may be used alone or in conjunction with in-person counseling.

VA Mental Health Web Services and DoD National Center for Telehealth and Technology (T2) collaborated on the development of Moving Forward. It is based on a highly effective cognitive behavioral treatment program that has been used successfully in-person with Veterans and Servicemembers across the country. The online course expands access to this valuable training, allowing users to take it anonymously at the time and location of their choice.

Visit **www.VeteranTraining.VA.gov/MovingForward** to learn more.

Start Moving Forward today!

For more information, email us at movingforward@va.gov