

About PsychArmor

Most civilians are unfamiliar with military culture, as fewer than 7% of Americans serve or have served in uniform. As a result, members of the military and Veteran community often feel misunderstood and reluctant to seek support. PsychArmor Institute is a national nonprofit with a mission to transform the civilian-military gap by educating our nation. We harness the power of education and technology to deliver easily accessible online educational courses at no cost to individual learners, live coaching, classroom instruction, and seminars. We partner with military friendly organizations and corporations to create custom content that targets employers, educators, healthcare providers, caregivers, volunteers, and transitioning military families.



200+

Online Training
Courses



1.2M

Training Courses
Completed



457

Partner
Organizations



92

Subject Matter
Experts & Trainers

15 Things Veterans Want You to Know

Did you know it only takes 15 minutes to learn about Veterans and their families in your community? "15 Things Veterans Want You to Know" is PsychArmor's cornerstone course, created to educate anyone who works with, lives with, or cares for Veterans. Surveying the military-connected community yielded the topics of this course, including five questions you should always ask Veterans, one question you should never ask Veterans, and 15 facts that promote greater understanding of our Veterans.

Course to Watch: [click icon or course name to view](#)



15 Things Veterans Want
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Internet Literacy: Communities Going Virtual

Now, more than ever, the internet has become an essential way to communicate and share information. With the support of Comcast Internet Essentials, PsychArmor is able to offer our "Internet Literacy for Veterans" course portfolio. This series of courses provides instructions on how to access and use the wide array of resources the internet has to offer. Our courses on telehealth services and remote work for Veterans and caregivers are particularly relevant during this time of uncertainty.

Powered By:

**internet»
essentials**
FROM COMCAST

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Internet Literacy
for Veterans
Course Portfolio



Telehealth Services



Remote Work for
Caregivers and
Veterans

Resource:



Internet Literacy
Resource List

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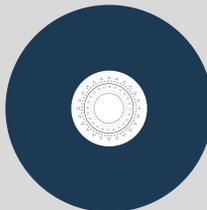


Self-Care: Be Present, Put Yourself First

While it may be difficult to completely clear your mind in the midst of these unprecedented times, we want to emphasize the importance of self-care. Thanks to the generosity of USAA Foundation, PsychArmor is proud to extend a helping hand and offer a list of suggested courses that allow you to prioritize you. These courses will teach you the skills to mitigate negative thoughts and feelings, manage life's daily hassles, and live in the present moment.



Courses to Watch: [click icon or course name to view](#)



Mantram



Stepping Into Stillness:
Maintaining Your Center of
Gravity When Caring for a
Veteran Loved One



Stress First Aid:
7-Course Series

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Financial Wellness: Finding Economic Stability

Military and Veteran families are facing unique financial challenges during these times of economic uncertainty. We at PsychArmor acknowledge that this stress can directly impact everyday life, and is why we emphasize the importance of creating a path to financial wellness. PsychArmor is proud to partner with Prudential and offer our "Financial Wellness" portfolio. These courses are relevant to families of all economic standing and include resources for adults, teenagers, and children.



Courses to Watch: click icon or course name to view



Financial Wellness
Portfolio



Is Your Financial House
In Order?

About PsychArmor

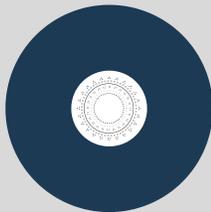
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Healthcare Professionals: Prioritizing the Provider

Healthcare providers have been at the forefront of managing the COVID-19 pandemic. They are dropping everything to care for all of us, so PsychArmor wants to remove some of the burden and adequately care for them. Our courses emphasize the importance of prioritizing the provider which leads to better care of the patient. Learn self-care strategies that can turn compassion fatigue into compassion satisfaction.

Course to Watch: [click icon or course name to view](#)



Mantram



Stress First Aid: 01
Self-Care for
Caregivers Intro



The Cost of Caring

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Employers: Understanding Unique Situations

PsychArmor recommends courses on how to transition your staff to working from home and provides the best practices for offering flexible work options. State governors are activating the National Guard and Reserve to respond to COVID-19, thousands of employees will be legally obliged to temporarily leave their day jobs to aid the defense. To better support our National Guard and Reserve service members, PsychArmor has trainings that help employers understand these demands.

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Courses to Watch: [click icon or course name to view](#)



Supporting Veterans, Family Members, and Caregivers with Flexible Work Options



Creating a Culture of Support



Best Practices for Employer Support of National Guard & Reserve Members



Supportive Supervisor Behaviors



USERRA