



PsychArmor Institute is a nonprofit that provides FREE education and support to all Americans who work with, live with, or care for service members, veterans, and their families.

With fewer than 7% of our country having served in uniform, most Americans are unfamiliar with military life and culture. A better understanding of military culture and the veteran community can alleviate many of the challenges veterans and service members face when returning from war or transitioning into civilian life.

PsychArmor recruits nationally recognized subject matter experts to create and deliver online courses about issues relevant to the military and veteran communities. Our self-paced courses are delivered within six schools geared toward military culture, healthcare providers, employers, educators, volunteers, caregivers and families. We provide critical resources to all Americans who work with, live with, and care about veterans.

What People Are Saying:

"The PsychArmor online courses and call center creates the vital bridge for civilians that want to do their part in helping Veterans."

- Congresswoman Susan Davis

"My office is proud to partner with PsychArmor Institute to help all employers hire and retain Veterans - for free!"

- Los Angeles Mayor Eric Garcetti

"We can never repay those that have given so much to our country, but with PsychArmor we can help them thrive."

- San Diego Mayor Kevin Faulconer



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Why Our Courses?

As the nation's leader in bridging the civilian-military divide, our courses and videos are unique in both concept and design. Our goal is to present videos that are not only filled with accurate and necessary information, but are also engaging and impactful.

Over half of the employees that make up PsychArmor are either veterans or have served veterans, allowing us to understand on a direct level what service members and their families endure. In addition, we have MSWs and Ph.D.s whom serve as internal subject matter experts to ensure that our content is both clinically sound and relevant to the target demographic. PsychArmor has deep connections in the behavioral health and veteran space and are therefore able to leverage national thought leaders to help develop the content seen throughout our schools and courses.

From a design perspective, our courses use animated characters to make them both friendly and approachable. With voices that are clearly understood, the information is delivered in a way that is easy to watch and absorb. All of our caregiver videos are brief and to the point, allowing individuals with limited time and availability to gain all the necessary information without a large time commitment.

With unique and engaging design as well as important and relevant content, our courses are leading the way in bridging the civilian-military divide in an unprecedented way.

*"Not everybody wants to be a trailblazer.
Not everybody wants this crazy life. But part of
that is this feeling that I need to be taking all the
opportunities I get to speak and share our message."
- Marjorie Morrison, Founder & CEO*

About the Caregiver School

With less than 7% of our country having served in uniform, we are currently faced with a significant civilian-military divide. In this context, rates of Veteran suicide, untreated PTSD, substance use, and homelessness continue to be an issue.

When people are struggling, it is often those around them who are the first to recognize that something is not right. Before PsychArmor was established, those friends, families, neighbors, and co-workers had no place to go for support on how to effectively support a Veteran. PsychArmor Institute is here to bridge that gap and help every American serve those who served.

It is estimated that nearly 5.5 million Americans serve in the role of military or veteran caregiver including spouses, parents, children, siblings, loved ones and friends. Their work often unseen, they are the vanguard providing critical, daily-living support to America's military and veteran community. These tasks often include assistance with bathing, getting dressed, management of finances and legal matters and transportation to and from doctor's appointments.

Overall, we have [twenty-one courses](#) aimed to specifically assist caregivers in their daily roles and responsibilities, as well as guiding them in areas such as self-care and communication. These courses cover everything from the invisible wounds of war and how to support veterans through these challenges, to practicing self care and addressing specific relationship issues. These comprehensive courses are intended to come alongside caregivers in a variety of situations and life stages.

A significant portion of the information outlined in each course of the caregiver school was obtained from the [Department of Veterans Affairs Caregiver Support Program](#). They are the leaders in information and education for military caregivers and we aim to provide the most current and holistic information throughout our courses.



Caregiver Course Overview



Invisible Wounds of War:

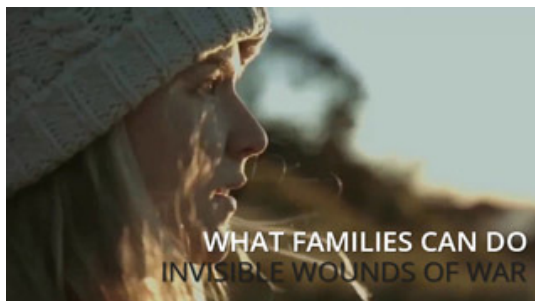
What are Invisible Wounds? (7:1)

This course explains Invisible Wounds of War (IWOW). The goal of this course is to educate family members and caregivers of Veterans, who may be suffering with an Invisible Wound, about the non-physical wounds Veterans sometimes suffer from. The instructor differentiates between visible and invisible wounds.

Invisible Wounds of War:

What is PTSD? (9:28)

This course educates learners about Posttraumatic Stress Disorder. Additionally, this course discusses how PTSD develops, the ways a person might become affected by a traumatic event and thus develop symptoms of PTSD. The instructor defines PTSD, as well as addresses some of the facts and myths associated with Posttraumatic Stress Disorder.



Invisible Wounds of War: PTSD, What Families Can Do (17:28)

The "PTSD, What Families Can Do" course is designed to help caregivers and family members develop skills related to managing PTSD symptoms within the home.

Good Grief (15:48)

This course is dedicated to educating family members as well as people who care for Veterans, on how they can deal with grief and loss. Although it is rarely talked about, it is very common for military caregivers and family members to experience grief. The purpose of this course is to help family and caregivers recognize his or her losses and provide them with coping strategies.



Focusing on the Forgotten: Me (11:44)

This course is dedicated to teaching Caregivers about the importance of self-care. Many caregivers are aware of the golden rule, “You have to take care of yourself before you can take care of others.” However, oftentimes caregivers neglect to care for themselves while caring for a loved one, especially Veteran caregivers. The goal of this course is to provide Caregivers with strategies regarding how to identify signs of stress, as well as instruct caregivers on how to restore balance and vitality to their lives.



Leaning In: Investing in a Challenging Relationship (20:24)

This course provides information to help caregivers identify destructive behaviors in relationships, as well as promote healthy behaviors through communication and stress reduction skills. The goal of this course is to help family members or caregivers recognize differences and conflicts within their relationship. Additionally, this course will teach practical skills to help build, restore, and maintain a loving relationship.



Choosing Your Words (15:42)

This course is designed to teach Caregivers, who care for Veterans, how to communicate effectively. Acquiring this skill will help caregivers advocate for themselves, as well as advocate for their loved one. The goal of this course is to provide caregivers with the essential skills necessary to communicate clearly and concisely. Additionally, this course was developed to help caregivers become aware of their own needs and challenges, and to provide caregivers with the tools and skills to effectively communicate those needs.

