

OASIS

Transitioning with Courage: Support for Veterans in College

Check out the Oasis App for tips, videos, exercises, and articles for coping with big changes as you adjust to college and civilian life.

After serving in the military, life presents new challenges that can be difficult to navigate – the Oasis platform has a library of mental health resources related to anxiety, PTSD, stress, depression, and information for veterans.

Reach out to an Oasis Support Counselor to receive emotional support!



Scan to download the Oasis App!



Suggested Self-Care Content

- Fitting In & Loneliness for Veterans
- Trauma: The Basics
- Post-Traumatic Stress Disorder (PTSD): Overview



Oasis is a free mental health resource to students at your School.