

Self-Care Mobile Apps



www.ptsd.va.gov/appvid/mobile
MobileMentalHealth@va.gov



National Center for
PTSD
POSTTRAUMATIC STRESS DISORDER

Mobile mental health apps from the National Center for PTSD were developed for Veterans and Service members with PTSD and related concerns. **These apps can be used by anyone to support recovery**, including people who are in treatment as well as those who are not. The apps feature coping tools, educational readings, self-assessments, and links to support. There are also companion websites with extra content as noted below; these websites are independent of the apps and offer another way to access the information. All of the apps are free, secure, and easy to use.



PTSD Coach supports the self-management of posttraumatic stress disorder (PTSD). The app may be used alone or in combination with the website PTSD Coach Online (www.ptsd.va.gov/apps/ptsdcoachonline/).



PTSD Family Coach is for partners, family members, and other loved ones of individuals who may be experiencing posttraumatic stress disorder (PTSD). This standalone app also contains support tools for caregiving.



AIMS for Anger Management is an app for anyone with anger problems. It may be used alone, or in combination with the Anger and Irritability Management Skills online self-help course (www.veterantraining.va.gov/aims/).



Beyond MST is for individuals who experienced military sexual trauma, or MST. The app can help with coping, learning more about recovery from MST, and tracking progress over time.



Couples Coach was created for partners who want to improve their relationship and explore new ways to connect.



COVID Coach was created for everyone, to support self-care and overall mental health during the coronavirus (COVID-19) pandemic. Check out “30 days of self-care with COVID Coach,” a guide to help make self-care a part of your daily life: <https://tinyurl.com/30daysofCOVIDCoach>



Insomnia Coach supports the self-management of insomnia. It can be used alone or in combination with the website Path to Better Sleep (www.veterantraining.va.gov/insomnia/).



Mindfulness Coach is designed to support independent mindfulness practice. The app also contains information about mindfulness and PTSD symptoms, increasing resilience and self-awareness, improving emotional balance, and building positive skills.



VetChange is an app for anyone who is concerned about their drinking and PTSD. The app may be used alone or in combination with the VetChange website (www.ptsd.va.gov/apps/change).

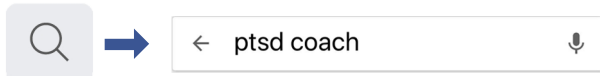
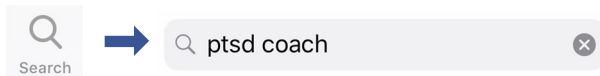
How to Download Mobile Apps

- 1 Open the App Store / Play Store where you can download a mobile app. The icon is pre-installed and can be found on the screen of your phone or in your apps list.



- 2 Once you launch the App Store / Play Store, select the search icon if you don't see the search bar. Next type "PTSD Coach" (or the name of the app you wish to download) into the search bar and then tap "Search" or search icon as needed. Once you find the app (scroll down if necessary), tap it to select it.

Note: The correct app will have the US Department of Veterans Affairs listed as the creator, and it will be free. All of our apps are free.



- 3 Download the selected app by tapping on the "Get" or "Install" button.



GET

or



INSTALL

- 4 If asked, enter your Apple or Google ID password or fingerprint.

- 5 If you remain on the same App Store screen, the "Get" or "Install" button will be replaced by an "Open" button after the download has completed. To access the app, tap this button and follow the on-screen instructions.



OPEN



OPEN

- 6 Once the app finishes downloading, it should automatically create an icon for itself on the home screen. You can tap this icon to open the app at any time without going to the App Store / Play Store again.

- 7 The first time you open the app, the Software End User License Agreement will appear. To move into the app, you need to read through this and tap the "I Accept" button at the bottom.

License agreement

express consent. You also acknowledge that it is your sole responsibility to protect and otherwise secure any information captured and stored by the software once installed on your device.



I Accept



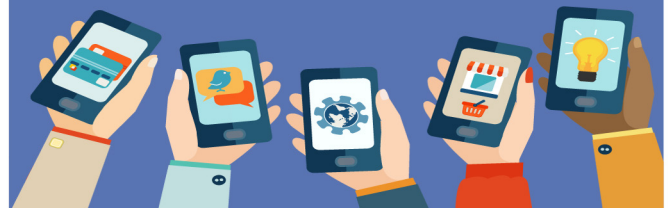
I Accept

- 8 You are ready to begin using the app.

These same instructions can be used to download any VA app.

To learn about more of our apps, please visit: <https://www.ptsd.va.gov>

Email our Mobile Apps Team with app-related questions, feedback, suggestions, or to report bugs: MobileMentalHealth@va.gov



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