Integrating NCPTSD Mobile Apps into Veteran Mental Health Care

Mobile Apps from NCPTSD: [www.ptsd.va.gov/appvid/mobile](http://www.ptsd.va.gov/appvid/mobile)

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**Online Programs**

<table>
<thead>
<tr>
<th>Program</th>
<th>URL/Link</th>
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</thead>
<tbody>
<tr>
<td>PTSD Coach Online</td>
<td><a href="https://go.usa.gov/xN9Hb">https://go.usa.gov/xN9Hb</a></td>
</tr>
<tr>
<td>VetChange</td>
<td><a href="http://www.ptsd.va.gov/apps/change/">www.ptsd.va.gov/apps/change/</a></td>
</tr>
<tr>
<td>Anger &amp; Irritability Management Skills (AIMS)</td>
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<tr>
<td>Path to Better Sleep</td>
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<tr>
<td>Moving Forward</td>
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<tr>
<td>Veteran Parenting</td>
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</tbody>
</table>

**Veteran Training**

[www.veterantraining.va.gov](http://www.veterantraining.va.gov)

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**Additional Learning Opportunities**

**Continuing Education open to all providers:** The Practice-Based Implementation Network hosts a monthly lecture series open to everyone interested in the use of technology (e.g., mobile apps, online interventions, and telehealth) to support treatment for Veterans with PTSD and related mental health concerns. Learn more here: [www.myvaapps.com/pbi-network-ce-lecture-series/](http://www.myvaapps.com/pbi-network-ce-lecture-series/)

**Additional resources for VA employees:** Educational materials and details about the internal VA-wide Tech into Care Community of Practice are available on the Tech into Care SharePoint: [https://dvagov.sharepoint.com/sites/VACOMentalHealth/mobile/Pages/Tech-into-Care.aspx](https://dvagov.sharepoint.com/sites/VACOMentalHealth/mobile/Pages/Tech-into-Care.aspx)

**Mobile Health Apps from the Department of Defense:** [https://health.mil/mhealth](https://health.mil/mhealth)


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**ADDITIONAL RESOURCES**

**Online Programs**

- PTSD Coach Online: [https://go.usa.gov/xN9Hb](https://go.usa.gov/xN9Hb)

**Veteran Training**

[www.veterantraining.va.gov](http://www.veterantraining.va.gov)

**Additional Learning Opportunities**

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**Mobile Health Apps from the Department of Defense:** [https://health.mil/mhealth](https://health.mil/mhealth)


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**Veterans Crisis Line**

[www.veteranscrisisline.net](http://www.veteranscrisisline.net)

(800) 273-8255, Veterans Press 1 (Text to 838255)

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**National Suicide Prevention Lifeline**

(LifeLine) for the general public

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

(800) 273-8255