

Integrating NCPTSD Mobile Apps into Veteran Mental Health Care

ADDITIONAL RESOURCES

Mobile Apps from NCPTSD: www.ptsd.va.gov/appvid/mobile

Online Programs



PTSD Coach Online
<https://go.usa.gov/xN9Hb>



VetChange
www.ptsd.va.gov/apps/change/

Veteran Training
www.veterantraining.va.gov



Anger & Irritability Management Skills (AIMS)



Moving Forward



Path to Better Sleep



Veteran Parenting

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/

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>

Mobile Health Apps from the Department of Defense:
<https://health.mil/mhealth>

To learn more about their podcasts, visit:

<https://health.mil/About-MHS/OASDHA/Defense-Health-Agency/Operations/Clinical-Support-Division/Connected-Health/Military-Health-Podcasts>



National Center for
PTSD
POSTTRAUMATIC STRESS DISORDER



Other Helpful Resources



National Center for PTSD
www.ptsd.va.gov

PTSD

PTSD Consultation Program
www.ptsd.va.gov/consult



Veterans Crisis Line
www.veteranscrisisline.net
(800) 273-8255, Veterans Press 1 (Text to 838255)

NATIONAL SUICIDE PREVENTION LIFELINE
1-800-273-TALK

National Suicide Prevention Lifeline (for the general public)
www.suicidepreventionlifeline.org
(800) 273-8255



Community Provider Toolkit
www.mentalhealth.va.gov/communityproviders/