Self-Care Mobile Apps

www.ptsd.va.gov
MobileMentalHealth@va.gov

National Center for PTSD
POSTTRAUMATIC STRESS DISORDER

NCPTSD mobile apps were developed for Veterans and Servicemembers with PTSD and related concerns. However, **these apps can be used by anyone to support recovery**, including people who are in treatment as well as those who are not. Most of the apps feature education, self-assessment, skill development, personalized tools, multimedia demos, 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.

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 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*).

Concussion Coach is for anyone who has experienced a concussion or mild to moderate traumatic brain injury (TBI) to learn about and cope with their injury.

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.

Mood Coach is an app to learn and practice behavioral activation skills for depression and improving mood. The skills it teaches can also be helpful for people with PTSD.

Moving Forward is designed to provide practical information and interactive tools for effective problem-solving and stress reduction. The app may be used alone or with the Moving Forward online course (*www.veterantraining.va.gov/movingforward*).

Parenting2Go is a mobile app to help families reconnect after a deployment or improve parenting anytime. The app may be used alone or with the Parenting for Service Members and Veterans online course (*www.veterantraining.va.gov/parenting*).

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.

iPhone / iPad   Android

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**.

iPhone / iPad

Search → 🔍 ptsd coach ⊗

Android

🔍 → ← ptsd coach 🎤
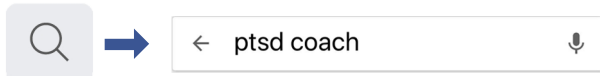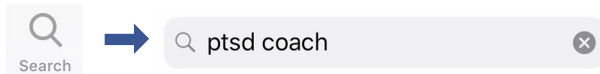
3 Download the selected app by tapping on the "Get" or "Install" button.

iPhone / iPad   Android

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.

iPhone / iPad   Android

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.
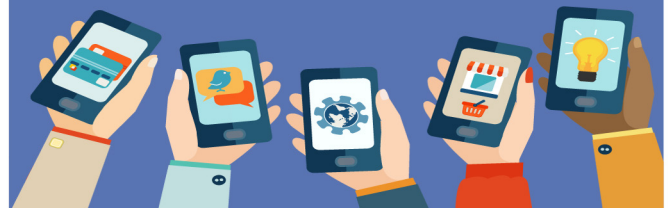
iPhone / iPad   Android

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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