Treatment Companion Mobile Apps

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National Center for PTSD
POSTTRAUMATIC STRESS DISORDER

NCPTSD mobile apps were developed for Veterans and Servicemembers with PTSD and related concerns. The treatment companion apps listed here are intended to be used by Veterans in treatment with a mental health provider. If you are interested in using one of these apps, talk to your provider about how it might complement your treatment. Most of the apps feature education, self-assessment, skill development, personalized tools, multimedia demos, and links to support.

ACT Coach is for people who are participating in Acceptance and Commitment Therapy (ACT). ACT Coach provides mindfulness exercises to practice the core ACT concepts of acceptance and willingness; tools to help identify personal values and take concrete actions to live by them; and logs to help keep track of useful coping strategies and willingness to practice.

CBT-i Coach is for use by people who are having difficulty sleeping and are participating in Cognitive Behavioral Therapy for Insomnia (CBT-I). CBT-i Coach provides a sleep diary for convenient daily logging of sleep habits; assessment of insomnia, with a graph to view progress; reading materials about sleep and healthy sleep habits; tools to improve sleep, including relaxation exercises; and customizable reminders.

CPT Coach is for people who are participating in Cognitive Processing Therapy (CPT). The app provides assignments for each therapy session, digital versions of worksheets, educational handouts, and assessments for tracking symptoms and progress.

PE Coach is for people currently in Prolonged Exposure (PE) therapy, an evidence-based treatment for posttraumatic stress disorder. The app offers breathing exercises, assessments to track and record your progress, and an in-app recording feature that can be used in session.

PFA Mobile was designed to assist responders who provide psychological first aid (PFA) to adults, families, and children as part of an organized response effort. This app includes summaries of PFA fundamentals, interventions matched to specific concerns and needs of survivors, mentor tips for applying PFA in the field, a self-assessment tool for readiness to conduct PFA, and a survivors' needs form for simplified data collection and easy referral.

STAIR Coach is designed to supplement in-person psychotherapy using Skills Training in Affective & Interpersonal Regulation (STAIR). It also may be useful to people experiencing symptoms of trauma. STAIR is an evidence-based psychotherapy that uses cognitive and behavioral techniques to help with managing emotions and relationships. The app includes readings, interactive tools for emotion and behavior management, customizable reminders, and quick links to support.

Stay Quit Coach is designed for people participating in Integrated Care for Smoking Cessation. The app provides plans and tools for coping with urges to smoke, motivational messages, and personalized information about the benefits of staying quit. It also offers coping tools for those who smoke after their quit date and reminders to take any medications or nicotine replacement therapies.