

Self-Care Mobile Apps



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



National Center for
PTSD
POSTTRAUMATIC STRESS DISORDER

Mobile mental health apps from the VA's National Center for PTSD were developed for Veterans and service members with posttraumatic stress disorder (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 get support. All of the apps are free, secure, and easy to use.

Note: Some apps have companion websites that can be accessed by a computer or a mobile device. These websites are independent of the apps and do not share information.



PTSD Coach

PTSD Coach supports the self-management of PTSD.

www.ptsd.va.gov/apps/ptsdcoachonline



PTSD Family Coach

PTSD Family Coach is for partners, family members, and other loved ones of individuals who may be experiencing PTSD.



AIMS for Anger Management

AIMS for Anger Management is for anyone experiencing problematic anger.

www.veterantraining.va.gov/aims



Beyond MST

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



Concussion Coach

Concussion Coach is for individuals who have experienced a concussion or sustained a head injury.



Couples Coach

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



COVID Coach

COVID Coach was created to support self-care and mental health during the coronavirus (COVID-19) pandemic. It can also be used for general wellbeing beyond the pandemic.



Insomnia Coach

Insomnia Coach is for anyone who would like to improve their sleep.

www.veterantraining.va.gov/insomnia



Mindfulness Coach

Mindfulness Coach is designed to support independent mindfulness practice.



Pain Coach

Pain Coach is for anyone who experiences chronic pain or has any pain that disrupts their life.



Safety Plan

Safety Plan was created for anyone who experiences thoughts of suicide or self-harm.



VetChange

VetChange can be used by anyone and was designed to help those with PTSD reduce or quit problem drinking.

