



PTSD Coach is a **free, easy-to-use mobile application**. It was developed by the Department of Veterans Affairs (VA) in 2011. It is a convenient way to learn about the symptoms of posttraumatic stress disorder (PTSD). You can also learn about coping skills and PTSD treatments. Research studies have shown that **PTSD Coach can reduce PTSD symptoms**, especially when used as part of therapy. The app may also help with symptoms of depression. PTSD Coach is not meant to replace professional care.

MANAGE YOUR SYMPTOMS

PTSD Coach can support you with tools to help manage symptoms of PTSD.

- Practice relaxation, mindfulness, and other stress-management exercises
- Manage unwanted feelings and thoughts in-the-moment
- Personalize or create new coping tools using your own audio, pictures, or text

TRACK YOUR SYMPTOMS

Answer questions about your thoughts, feelings and behavior over the past month. Feedback based on your responses will include tools that might help you feel better. Set a reminder on your device to re-take the assessment in the future and track your symptoms over time.

LEARN ABOUT PTSD

Find answers to many of the common questions people have about PTSD, like:

- How does PTSD develop and how common is it?
- What are the symptoms of PTSD?
- What treatments work for PTSD?

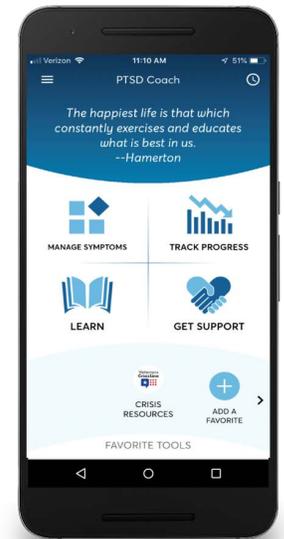
GET SUPPORT

Use PTSD Coach to learn more about professional treatment options. Locate a mental health care provider near you. Learn how to grow your own personal support system by connecting with people you trust. Add contact information for friends and loved ones who can help when you're feeling stressed. If you're in crisis, you can choose from resources that will connect you with people who are ready to help.

PERSONALIZE THE APP

Select the menu in the top left corner of the app and select Personalize

- Features like the daily quote on the home screen can be turned on or off
- The app language can be switched from English to Spanish



REFERENCES

Gould, C., Kok B., Ma, V., Zapata, A., Owen J., Kuhn, E. (2018). Veterans Affairs and the Department of Defense mental health apps: A systematic literature review. *Psychological Services*. doi:10.1037/ser0000289

Owen, J., Kuhn, E., Jaworski, B., McGee-Vincent, P., Juhasz, K., Hoffman, J., & Rosen, C. (2018). VA mobile apps for PTSD and related problems: Public health resources for veterans and those who care for them. *mHealth*. doi:10.21037/mhealth.2018.05.07