VetChange is a **free mobile application** that can help users with posttraumatic stress disorder (PTSD) build skills to reduce problem drinking. The app was designed for Veterans and Servicemembers but can be used by anyone who wants to learn about healthier drinking. VetChange was released by the Department of Veterans Affairs (VA) in 2016.

DAILY DRINK LOG

When you use the app for the first time, answer five short questions about your drinking behavior over the past month. The app will be customized for you based on your answers. Use the Drink Log to:

■ Set goals for the maximum number of drinks you'd like to have daily and weekly
■ Track your drinks each day, and see your progress over time

MANAGE URGES

Learn to manage the urge to drink with tools customized for you:

■ Identify challenging situations and make an action plan that will work for you.
■ Distract yourself for 15 minutes by doing something physical or talking with someone you trust. After 15 minutes, the urge to drink will typically pass.
■ Record three reasons why you want to reduce alcohol use. Upload photos to help you remember why you want to change.

TOOLS TO TRY

Use self-help tools to cope with your emotions without drinking. Try tools, like:

■ Practicing deep breathing
■ Mindfulness
■ Challenging unhelpful thoughts

LEARN ABOUT PTSD AND ALCOHOL USE

Learn how alcohol use relates to PTSD symptoms by browsing a series of short articles:

■ Educate yourself on how much alcohol is too much
■ Learn tips for moderate drinking and abstinence
■ Use "My Stress Tracking" to assess your PTSD symptoms and get feedback

GET SUPPORT

If you're in crisis, use VetChange to connect with people who can help. There are also resources available if you just want to talk. Add contact information for people you trust and reach out when you need support.
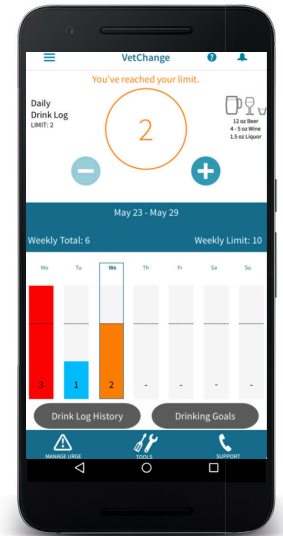
REFERENCE
Owen, J., Kuhn, E., Jaworski, B., McGee-Vincent, P., Juhasz, K., Hoffman, J., & Rosen, C. (2018). VA mobile apps for PTSD and related problems: Public health resources for veterans and those who care for them. *mHealth.* doi:10.21037/mhealth.2018.05.07

National Center for PTSD
POSTTRAUMATIC STRESS DISORDER

For more information, visit:
www.ptsd.va.gov/appvid/mobile
Date Created: February 13, 2019

VA | U.S. Department of Veterans Affairs