



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

Explore tools that can help you assess your symptoms and track your progress.

- Answer questions about your PTSD symptoms and track changes over time
- Log medications you're taking and get reminders
- Understand and identify your trauma "triggers" and find coping strategies that work

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

Explore personalization features and make the app your own.

- Set your main goal for using the app and receive suggested activities
- Choose your favorite inspiring quotes and add your own
- Change the homescreen theme to your preferred image

REFERENCES

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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

