

# Self-Care Mobile Apps



[www.ptsd.va.gov/mobile](http://www.ptsd.va.gov/mobile)  
[MobileMentalHealth@va.gov](mailto: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](http://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](http://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](http://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.

