

FAQ

Who can use Veterans Wellness Path?

- Veterans Wellness Path is for American Indian and Alaska Native Veterans, their families, and communities.
- You do not need to have PTSD to use this app; however, the app has tools and resources for those who have PTSD and/or related conditions.

Who developed this app?

- Veterans Wellness Path was developed by mental health professionals from the Department of Veterans Affairs with input from Native Veterans, their family members, and their behavioral health providers.

Do I have to be in treatment to use Veterans Wellness Path?

- No, you do not have to be in treatment to use Veterans Wellness Path. The app can be used on its own to track progress, find resources, and get support.
- Veterans Wellness Path is not a replacement for treatment with a mental health professional.

How private is my information?

- You do not have to enter any identifying information about yourself to use the app.
- VA mobile mental health apps are held to **strict privacy standards**, so no data that could identify you is sent to VA or third parties.
- Any information you choose to enter into the app, such as names, phone numbers, or images, stays on the app. It cannot be accessed, stored, or shared by VA. You have the option to share the work you complete in the app with your health care team. Your data stays on your device unless you choose to share it.
- For more information, read the full privacy policy for mobile mental health apps:
www.ptsd.va.gov/appvid/mobile/#privacy

What happens if I replace or lose my device?

- Information that you enter into the app will be automatically backed up to your device's cloud account.
- Veterans Wellness Path data can be restored if you are setting up a replacement device.

For more information about other apps from the National Center for PTSD, please visit:
ptsd.va.gov/mobile

Do you have questions about Veterans Wellness Path?
We would love to hear from you!
MobileMentalHealth@va.gov



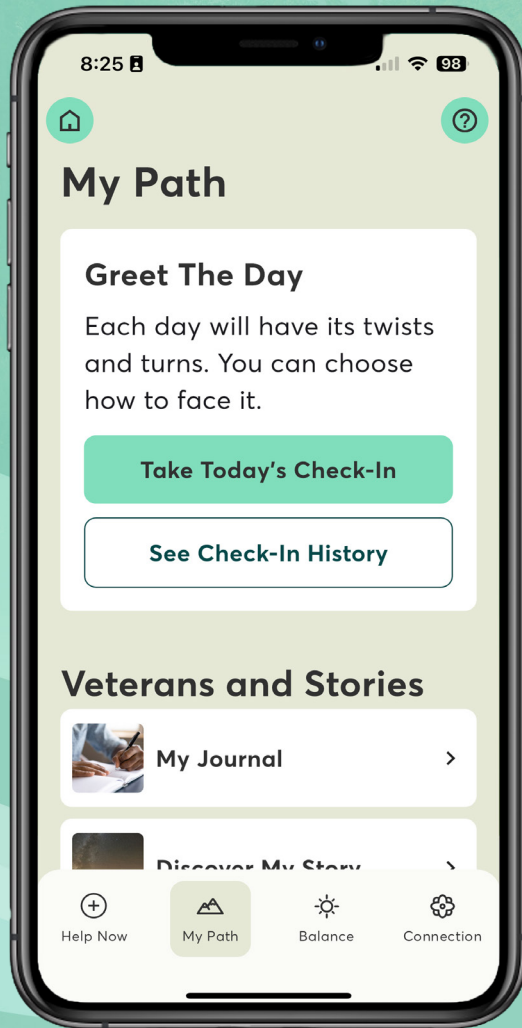
VETERANS WELLNESS PATH

Veterans Wellness Path is a free and secure mobile app for American Indian and Alaska Native Veterans that offers mental health support by encouraging balance and connection with self, family, community, and environment.



Available for mobile iOS devices (iPhone, iPod touch, and iPad) and Android phones and tablets.

MY PATH



- Daily check-in for spirit, body, emotion, connection, and mind
- Use *My Journal* to track your thoughts and feelings through text, image, video, or drawing
- Share your story or read other Native Veterans' stories
- Explore resources the app has recommended for you
- Keep track of your favorite tools for quick access

CONNECTION



- Find health visit tips, tools for connecting with family and friends, information on community, and resources for trauma support
- Explore activities to shift your energy or learn to set healthy boundaries
- Use the appointment planner to keep track of upcoming appointments
- Build your *Support Circle* so you have support available whenever it's needed

BALANCE



- Bring your attention to the present moment with grounding and breathing exercises
- Discover ways to heal through activities like music or exercise
- Observe and understand your emotions
- Focus your mind by problem solving and observing thoughts
- Explore other ways to bring more balance into your life