

## FAQ

### Who can use WellWithin Coach?

- WellWithin Coach is for anyone who identifies as a woman who is seeking mental health support and tools that are tailored to their experiences.
- You do not need to have PTSD to use this app; however, the app has special tools and assessments for those who have PTSD and related conditions.

### Do I have to be in treatment to use WellWithin Coach?

- No, you do not have to be in treatment to use WellWithin Coach. The app can be used on its own to track progress, find resources, and get support.
- WellWithin Coach 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: [ptsd.va.gov/appvid/mobile/#privacy](https://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.
- WellWithin Coach 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](https://ptsd.va.gov/mobile)

Do you have questions about WellWithin Coach? We would love to hear from you!

[MobileMentalHealth@va.gov](mailto:MobileMentalHealth@va.gov)



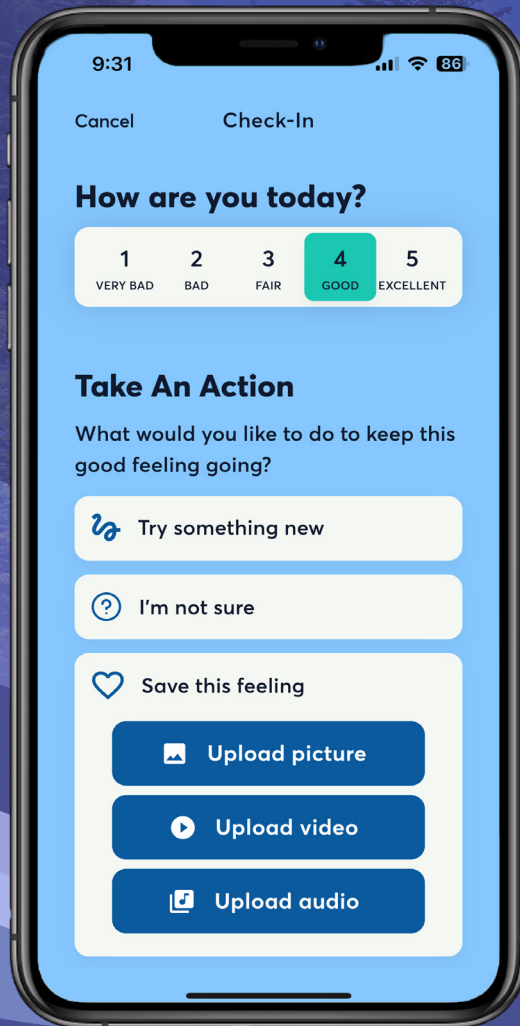
## WELLWITHIN COACH

WellWithin Coach is a free and secure mobile app specifically designed to support the mental health and well-being of women Veterans.



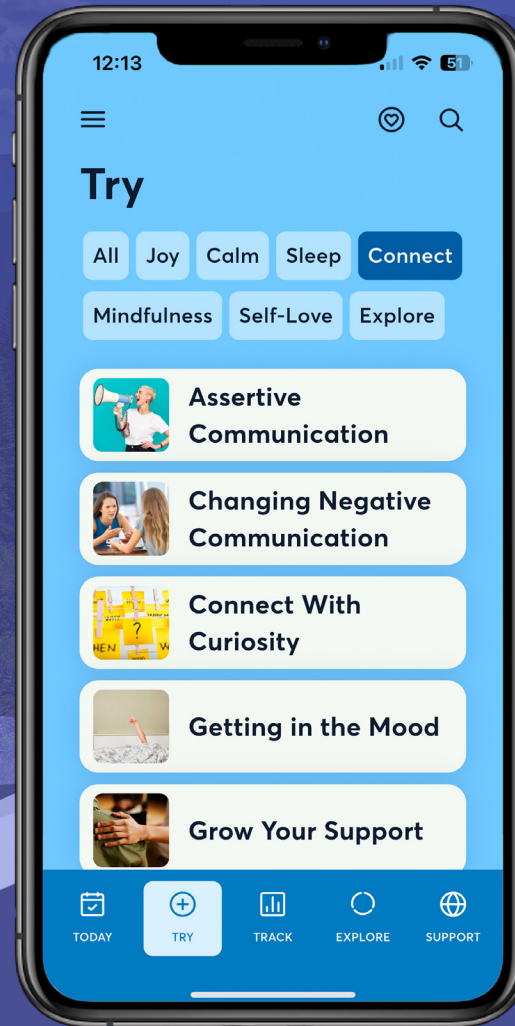
Available for mobile iOS devices (iPhone, iPod touch, and iPad) and Android phones and tablets.

## CHECK-IN



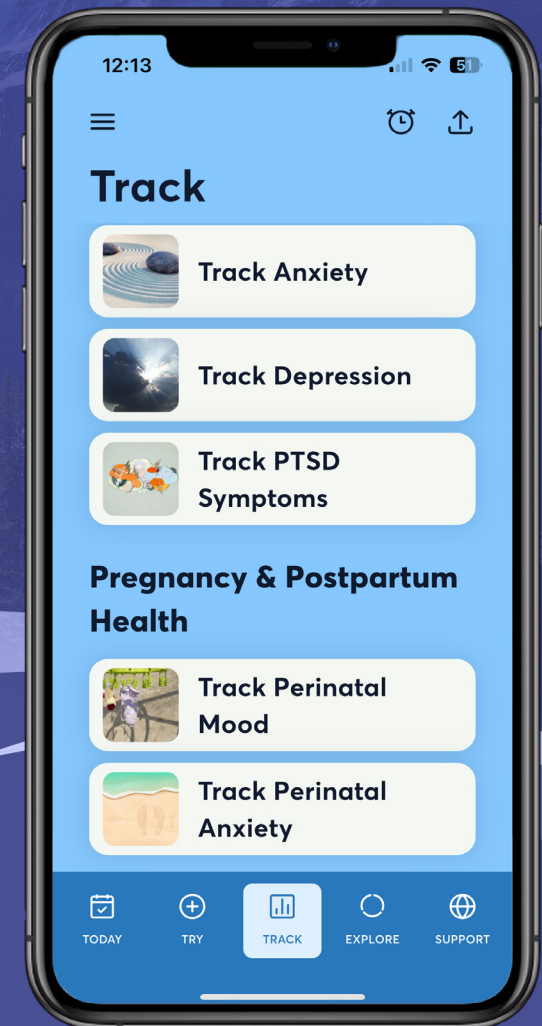
- Complete a daily check-in
- Receive recommended actions based on your response
- Dig deeper into wellness topics you've chosen
- Practice gratitude
- Jot down notes or observations for the day

## TRY



- Explore the library of exercises to find what works best for you
- Filter the exercises by category, such as mindfulness or connect
- Save your favorite tools so you can quickly access them when you need extra support

## TRACK



- Reflect on your mental health, well-being, and relationships
- Track your progress over time
- Set reminders to check in or take an assessment