

Glad you're here today!

How are you today?



1

VERY BAD

2

BAD

3

FAIR

4

GOOD

5

EXCELLENT

Suggested for You



**Intimacy Issues After
Sexual Trauma**



**Creating
Mental S**

Question of the Day

What is currently causing you
the most stress?



TODAY



TRY



TRACK



EXPLORE



SUPPORT



WellWithin Coach

To support women's
mental health & well-being



Turn on your phone camera to
scan the QR code to learn more.

National Center for
PTSD
POSTTRAUMATIC STRESS DISORDER

ptsd.va.gov/mobile