



# PRESCRIPTION FOR BEHAVIORAL HEALTH

## *Mobile & Web Resources*

- |                          |   |  |                          |  |   |                          |  |   |
|--------------------------|---|--|--------------------------|--|---|--------------------------|--|---|
| <input type="checkbox"/> |    | ACT Coach<br>    | <input type="checkbox"/> |   | CPT Coach<br>   | <input type="checkbox"/> |   | PE Coach<br>    |
| <input type="checkbox"/> |    | AIMS for Anger Management<br><a href="http://www.veterantraining.va.gov">www.veterantraining.va.gov</a><br>   | <input type="checkbox"/> |   | Insomnia Coach/<br>Path to Better Sleep<br><a href="http://www.veterantraining.va.gov">www.veterantraining.va.gov</a><br>   | <input type="checkbox"/> |   | PTSD Coach/Online<br><a href="https://go.usa.gov/xN9Hb">https://go.usa.gov/xN9Hb</a><br>   |
| <input type="checkbox"/> |    | Beyond MST<br>   | <input type="checkbox"/> |   | Mindfulness Coach<br>   | <input type="checkbox"/> |   | PTSD Family Coach<br>   |
| <input type="checkbox"/> |    | CBT-i Coach<br>    | <input type="checkbox"/> |   | Moving Forward<br><a href="http://www.veterantraining.va.gov">www.veterantraining.va.gov</a><br>   | <input type="checkbox"/> |   | STAIR Coach<br>   |
| <input type="checkbox"/> |   | Couples Coach<br>    | <input type="checkbox"/> |  | Parenting<br><a href="http://www.veterantraining.va.gov">www.veterantraining.va.gov</a><br>  | <input type="checkbox"/> |  | VetChange<br>   |
| <input type="checkbox"/> |  | COVID Coach<br>    | RECOMMENDATION:          |  |   |                          |  |   |



*More info on mobile apps: [www.ptsd.va.gov/mobile](http://www.ptsd.va.gov/mobile)  
Question about the Rx pads? [MobileMentalHealth@va.gov](mailto:MobileMentalHealth@va.gov)*