











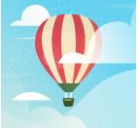




































# PRESCRIPTION FOR BEHAVIORAL HEALTH

*Mobile & Web Resources*



- |                          |   |  |                          |   |   |                          |   |   |
|--------------------------|---|--|--------------------------|---|---|--------------------------|---|---|
| <input type="checkbox"/> |    | ACT Coach<br>    | <input type="checkbox"/> |    | COVID Coach<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"/> |    | AIMS for Anger Management<br><a href="http://www.veterantraining.va.gov">www.veterantraining.va.gov</a><br>   | <input type="checkbox"/> |    | CPT Coach<br>   | <input type="checkbox"/> |    | PTSD Family Coach<br>   |
| <input type="checkbox"/> |    | Beyond MST<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"/> |    | Safety Plan<br>   |
| <input type="checkbox"/> |    | CBT-i Coach<br>    | <input type="checkbox"/> |    | Mindfulness Coach<br>   | <input type="checkbox"/> |    | STAIR Coach<br>   |
| <input type="checkbox"/> |   | Concussion Coach<br>   | <input type="checkbox"/> |   | Pain Coach<br>    | <input type="checkbox"/> |   | Stay Quit Coach<br>   |
| <input type="checkbox"/> |  | Couples Coach<br>    | <input type="checkbox"/> |  | PE Coach<br>    | <input type="checkbox"/> |  | VetChange<br>   |

*For more information: [www.ptsd.va.gov/mobile](http://www.ptsd.va.gov/mobile) or [MobileMentalHealth@va.gov](mailto:MobileMentalHealth@va.gov)*

RECOMMENDATION: