



PRESCRIPTION FOR BEHAVIORAL HEALTH

Mobile & Web Resources

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| <input type="checkbox"/> |  PTSD Coach
 | <input type="checkbox"/> |  ACT Coach
 | <input type="checkbox"/> |  AIMS for Anger Management

www.veterantraining.va.gov |
| <input type="checkbox"/> |  PTSD Coach Online
http://go.usa.gov/xN9Hb
 | <input type="checkbox"/> |  CBT-i Coach
 | <input type="checkbox"/> |  Moving Forward
www.veterantraining.va.gov
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| <input type="checkbox"/> |  PTSD Family Coach
 | <input type="checkbox"/> |  Mindfulness Coach
 | <input type="checkbox"/> |  Parenting2Go
www.veterantraining.va.gov
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| <input type="checkbox"/> |  CPT Coach
 | <input type="checkbox"/> |  Mood Coach
 | <input type="checkbox"/> |  VetChange
www.ptsd.va.gov/apps/change
 |
| <input type="checkbox"/> |  PE Coach
 | <input type="checkbox"/> |  STAIR Coach
 | <input type="checkbox"/> |  Path to Better Sleep
www.veterantraining.va.gov
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RECOMMENDATION:



U.S. Department of Veterans Affairs



More info on mobile apps:
www.ptsd.va.gov/appvid/mobile

Question about the Rx pads?
MobileMentalHealth@va.gov