

VA MOBILE APPS:

HELPING YOU NAVIGATE MENTAL HEALTH

The National Center for PTSD offers free mobile applications (apps) that provide help, education, and support related to mental health.

Ask your doctor or therapist if you should add a mobile app to your treatment plan. Talk about how to set goals, practice skills, and take self-assessments between sessions. The apps do not replace professional care – they are an additional resource available to you.

WHY TRY VA MOBILE APPS?

- **Free:** VA mobile apps are free and publicly available.
- **Convenient:** Learn about symptoms and treatment options at any time.
- **Customizable:** Personalize the apps by uploading your own audio, pictures, personal contacts, and text.
- **Evidence-Informed:** The tools offered in the apps are based on clinical research.
- **Resource-Rich:** All the VA apps offer links to resources that can help.

VA MOBILE APPS CAN HELP YOU:

- Cope with anger
- Sleep better
- Manage your drinking
- Boost your mood
- Cope with stress
- Support a loved one with PTSD



Use your phone's QR code reader to scan this code. You will be taken directly to the NCPTSD website (www.ptsd.va.gov/appvid/mobile) to learn more and download the apps.

Questions or suggestions about mobile apps?
Contact: MobileMentalHealth@va.gov