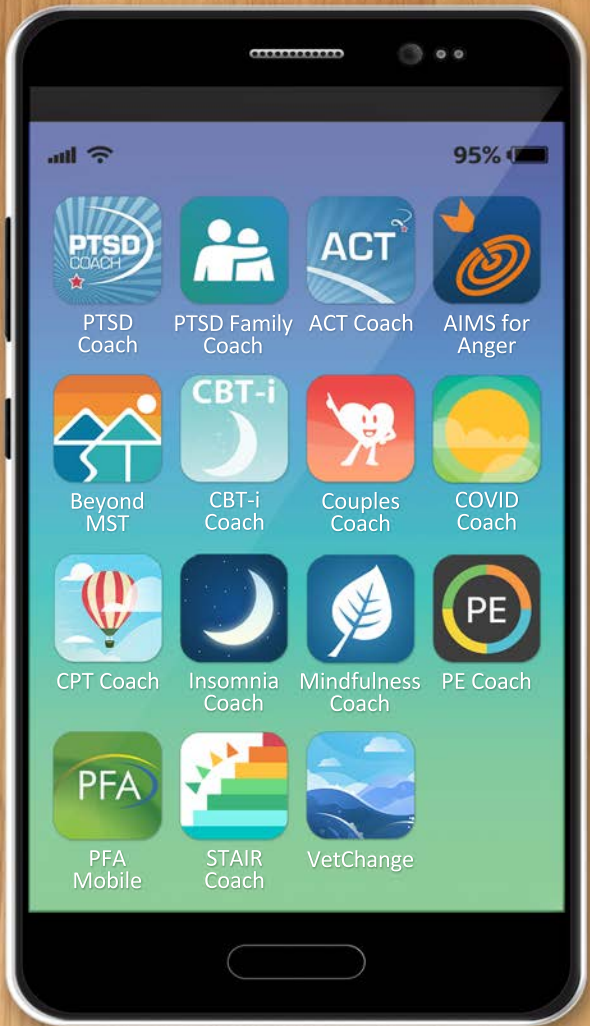


# SELF-HELP AT YOUR FINGERTIPS



# VA MENTAL HEALTH APPS: FOR EVERYONE

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

The apps do not replace professional treatment. They are intended for self-help or to be used alongside treatment.

## VA mental health apps can help you:

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



Focus your phone's camera on this QR code to scan it. You will be taken directly to the National Center for PTSD website to learn more about the apps:  
[www.ptsd.va.gov/appvid/mobile](http://www.ptsd.va.gov/appvid/mobile)

