

# Free mobile apps can help with:

- Stress
- Sleep issues
- Relationships
- Anger

**...and more!**



[www.ptsd.va.gov/  
appvid/mobile](http://www.ptsd.va.gov/appvid/mobile)

National Center for  
**PTSD**  
POSTTRAUMATIC STRESS DISORDER

**VA**



U.S. Department  
of Veterans Affairs

# Self-help at your fingertips



**PTSD Coach**  
For those  
affected by  
trauma

**AIMS for Anger**  
To help  
manage anger



**Couples Coach**  
To improve  
relationships

**COVID Coach**  
To support  
self-care &  
mental health



**Insomnia Coach**  
To improve  
sleep quality

**Mindfulness  
Coach**  
Practice one  
minute per day



**...and more!**