

FAQ

Do I have to be in treatment to use COVID Coach?

No, COVID Coach can be used by people who are not in mental health treatment or actively seeking treatment. It contains tools that can help you cope with stress, stay healthy and stay connected. It can also help you navigate parenting, caregiving and working at home while social distancing or sheltering in place. If you do choose to work with a mental health professional, talk to them about how COVID Coach can be used to support your goals for treatment.

Where does my information go?

When you use a VA mobile mental health app, no data that could be used to identify you is sent to VA or third parties. Any information that you enter into the app, such as names, phone numbers, addresses, images, or music, cannot be accessed, stored, or shared by VA. For more information, read the full privacy policy for mobile mental health apps:

www.ptsd.va.gov/appvid/mobile/#privacy

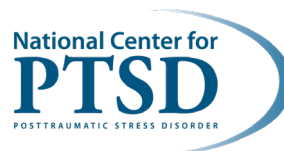
Can this app help me after the pandemic?

Yes, the COVID Coach app will continue to be available. The tools and resources within the app can help you cope with stress and manage challenges in situations outside of the current pandemic.

For more information about COVID Coach, please visit:
www.ptsd.va.gov/appvid/mobile/COVID_coach_app.asp

Do you have any questions or concerns about COVID Coach?
We would love to hear from you!

MobileMentalHealth@va.gov



VA



U.S. Department
of Veterans Affairs



COVID COACH

COVID Coach is a mobile app that helps you practice self-care and improve your overall mental health during the coronavirus (COVID-19) pandemic.

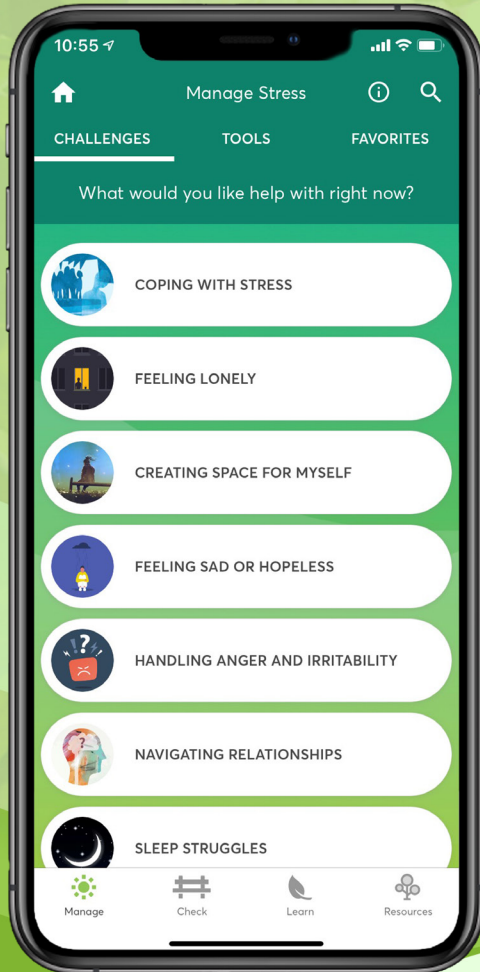
"I love this app. Helps me track goals for me and my family so that I can remain focused on the present."

- COVID Coach User



Available for mobile iOS devices (iPhone, iPod touch, and iPad) and Android phones and tablets.

MANAGE STRESS



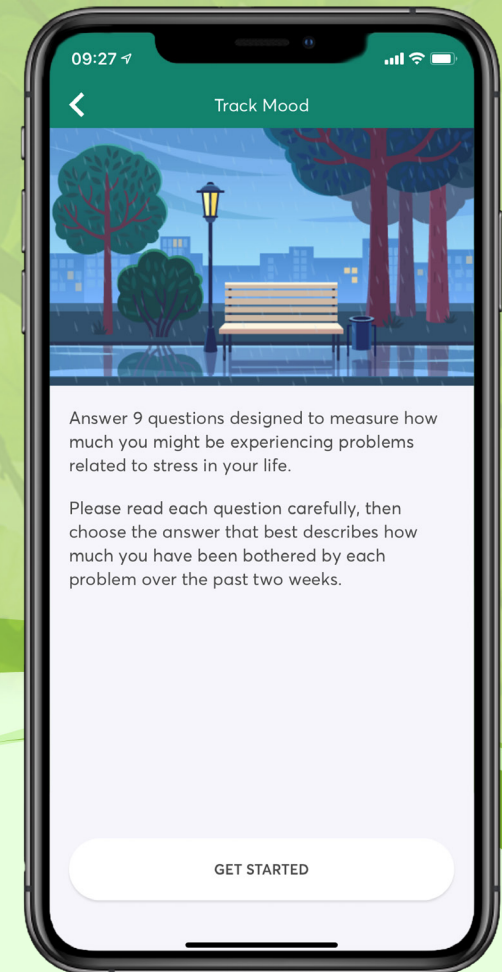
- Find tools to help you practice self-care
- Get tips and strategies for maintaining healthy relationships
- Explore activity ideas and resources for extra support
- Favorite tools for easy access

LEARN AND FIND RESOURCES



- Learn about staying safe and healthy during the pandemic
- Browse tips for coping and maintaining work-life balance
- Get connected with services and support networks to help meet your needs

CHECK YOUR MOOD



- Set personal goals for self-care
- Check in on your mood and well-being
- Visualize your progress over time