

FAQ

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

No, PTSD Coach can be used by people who are not actively seeking treatment. It contains tools that can help you manage PTSD symptoms when and where you need support. If you work with a health care professional, talk to them about how PTSD Coach can be used to support your 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 my family and friends use PTSD Coach?

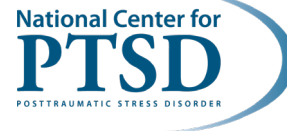
Yes, anyone can download PTSD Coach, and it may be helpful for those who are supporting you. Your support network may also find PTSD Family Coach helpful. It is an app designed to provide support to people who have loved ones who have been affected by trauma.

For more information about PTSD Coach, please visit:

www.ptsd.va.gov/appvid/mobile/ptsdcoach_app.asp

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

MobileMentalHealth@va.gov



VA



U.S. Department
of Veterans Affairs



PTSD COACH

PTSD Coach is a mobile app that can help you learn about and manage symptoms that commonly occur after trauma.

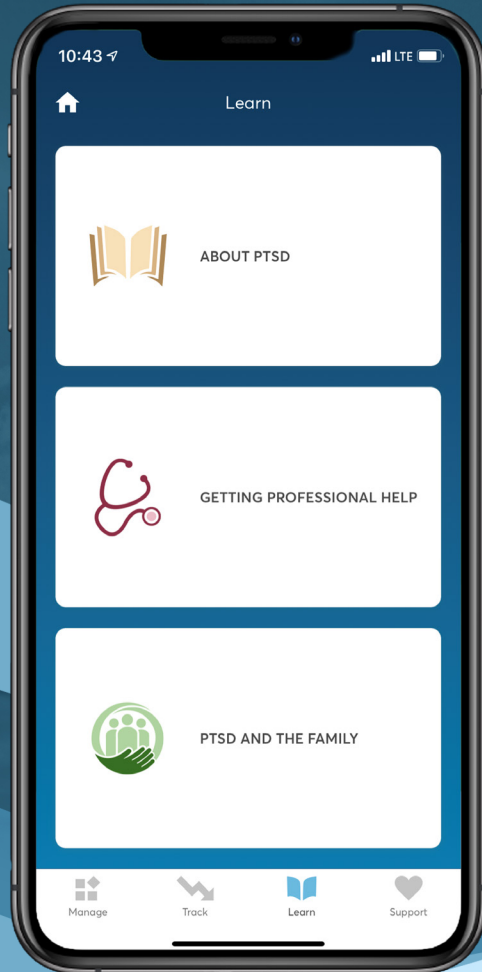
"Of all the apps I have seen and attempted to use this has been the best BY FAR!"

- PTSD Coach User



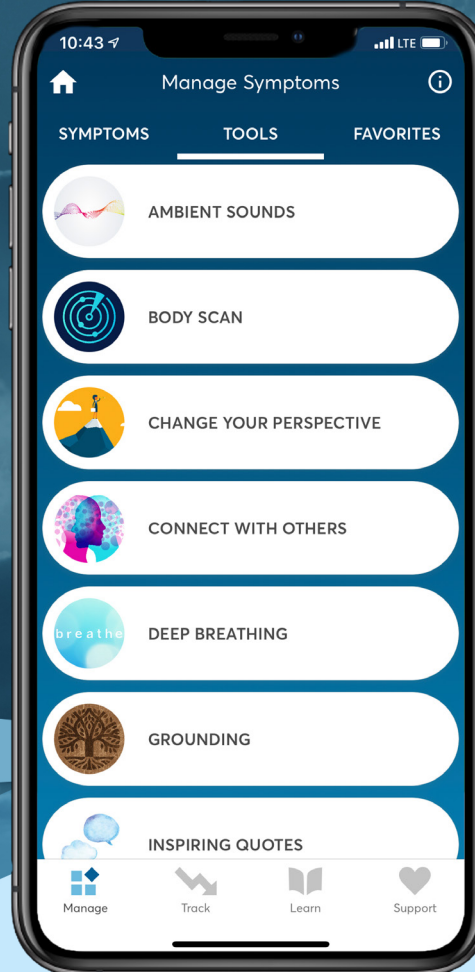
Available for mobile iOS devices (iPhone, iPod touch, and iPad) and Android phones and tablets.

LEARN AND GET SUPPORT



- Learn about PTSD and the impact of PTSD on family
- Get support and learn about professional treatment options
- Create your own personal support network
- Access crisis resources

MANAGE AND TRACK SYMPTOMS



- Manage stress in the moment with easy-to-access tools
- Complete assessments and get helpful feedback based on your score
- Track your symptoms and progress over time

CREATE A SAFETY PLAN



- Complete a Safety Plan for suicide prevention
- Use your plan to stay safe until suicidal thoughts or urges to hurt yourself pass
- To find the Safety Plan: From the home screen, tap the lateral menu (top left), then tap Safety Plan