FAQ

How can I use PTSD Family Coach to find additional support?

■ Use the "Get Support" section to learn how to grow your own personal support system, connect with helpful resources, or join a conversation online.

■ If you're in crisis, you can choose from resources that will connect you with people who are ready to help.

Does my loved one need to be in treatment before I use PTSD Family Coach?

■ No. The app can be used by anyone who has a loved one with posttraumatic stress disorder (PTSD).

■ The app contains information and tools to help you take care of yourself.

■ The app can also help you get your loved one needed care if they're not already receiving treatment.
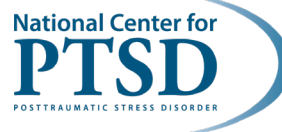
Where does my information go?

■ 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, or images, 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/appvidmobile/#privacy*

For more information about PTSD Family Coach, please visit:
www.ptsd.va.gov/appvid/mobile/ familycoach_app.asp

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

MobileMentalHealth@va.gov

National Center for PTSD
POSTTRAUMATIC STRESS DISORDER

VA | U.S. Department of Veterans Affairs

PTSD FAMILY COACH

PTSD Family Coach is a mobile app to support loved ones and caregivers of those living with PTSD.
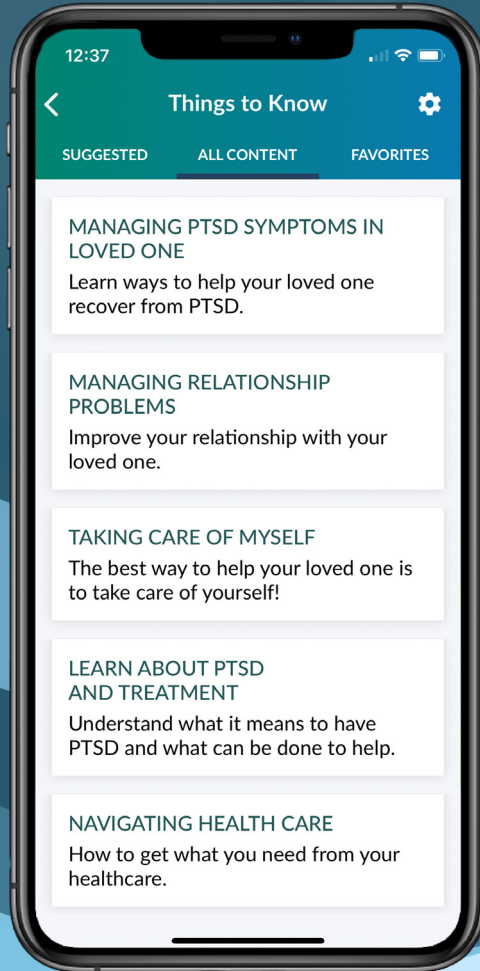
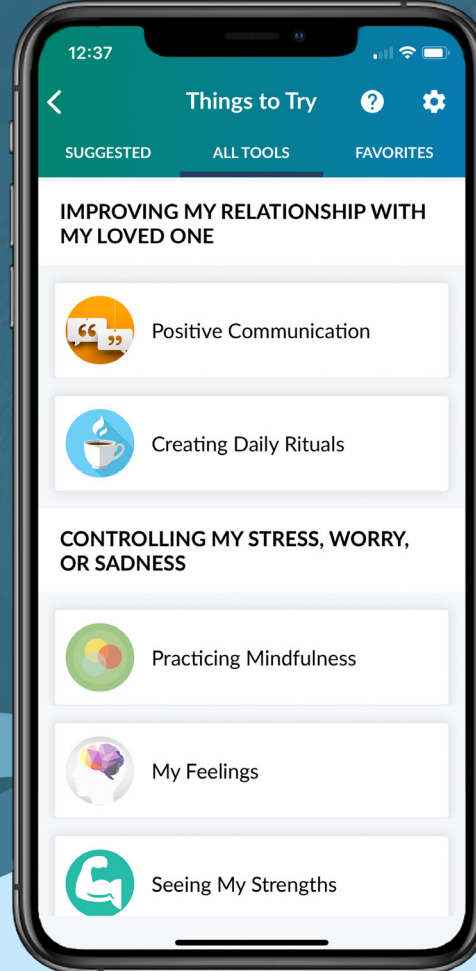*"I think every family member should have to go over this app."*
- Android User

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

THINGS TO KNOW

Things to Know

SUGGESTED **ALL CONTENT** **FAVORITES**

MANAGING PTSD SYMPTOMS IN LOVED ONE
Learn ways to help your loved one recover from PTSD.

MANAGING RELATIONSHIP PROBLEMS
Improve your relationship with your loved one.

TAKING CARE OF MYSELF
The best way to help your loved one is to take care of yourself!

LEARN ABOUT PTSD AND TREATMENT
Understand what it means to have PTSD and what can be done to help.

NAVIGATING HEALTH CARE
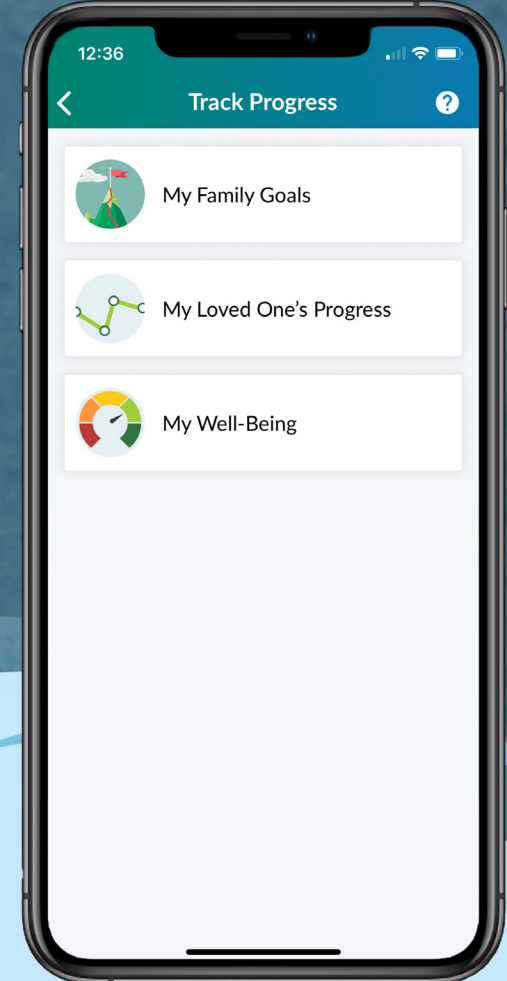How to get what you need from your healthcare.

- **Learn how PTSD can affect you and your family**
- **Get tips on how to feel closer to your loved one, respond to anger, and talk about your needs**
- **Explore treatment options for you and your loved one**

THINGS TO TRY

Things to Try

SUGGESTED **ALL TOOLS** **FAVORITES**

IMPROVING MY RELATIONSHIP WITH MY LOVED ONE

Positive Communication

Creating Daily Rituals

CONTROLLING MY STRESS, WORRY, OR SADNESS

Practicing Mindfulness

My Feelings

Seeing My Strengths

- **Use self-help tools to manage your stress levels and the effects of PTSD**
- **Communicate positively with your loved one**
- **Create daily rituals that can help you feel closer**

TRACK PROGRESS

Track Progress

My Family Goals

My Loved One's Progress

My Well-Being

- **Set personal or family goals and track your progress**
- **Track your loved one's PTSD symptoms to recognize patterns**
- **Monitor your well-being over time to see what helps you feel better**