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.

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
Things to Know

- 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

- 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

- 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