

FAQ

Is VetChange only for people with PTSD?

- No, VetChange was designed especially for those who have posttraumatic stress disorder, or PTSD.
- It can be helpful for anyone who is trying to cut back on their drinking.

Do I have to be in treatment to use VetChange?

- No. VetChange can be used by people who are not in treatment.
- It contains information and tools to help you develop healthier drinking habits and improve your overall well-being.
- If you do work with a health care professional, talk to them about how VetChange 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, 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/appvid/mobile/#privacy

For more information about
VetChange, please visit:
[www.ptsd.va.gov/appvid/mobile/
VetChange_app.asp](http://www.ptsd.va.gov/appvid/mobile/VetChange_app.asp)

Do you have any questions
or concerns about VetChange?
We would love to hear from you!
MobileMentalHealth@va.gov



VA



U.S. Department
of Veterans Affairs



VETCHANGE

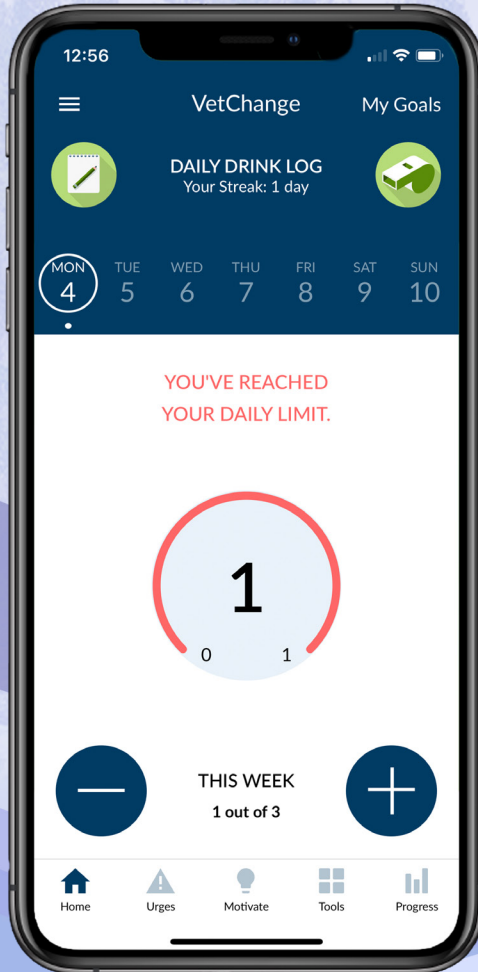
VetChange is a mobile app that can
help you build skills to reduce or
quit drinking and develop healthier
coping behaviors.

"Great app. Lots of helpful info!"
- Android User, 2021



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

SET GOALS



- Track your drinking in real-time with a daily log
- Set personal goals to reduce drinking
- View your progress over time and better understand your drinking patterns
- Stay motivated to make changes with daily feedback

MANAGE URGES



- Build skills to manage your urges to drink
- Learn self-help tools to cope with PTSD and strong emotions without drinking
- Distract yourself until urges to drink pass

LEARN AND GET SUPPORT



- Get information on healthy drinking guidelines
- Understand the basics of effective goal setting
- Learn about the relationship between alcohol and PTSD symptoms, such as sleep issues and anger
- Connect with people who can help