



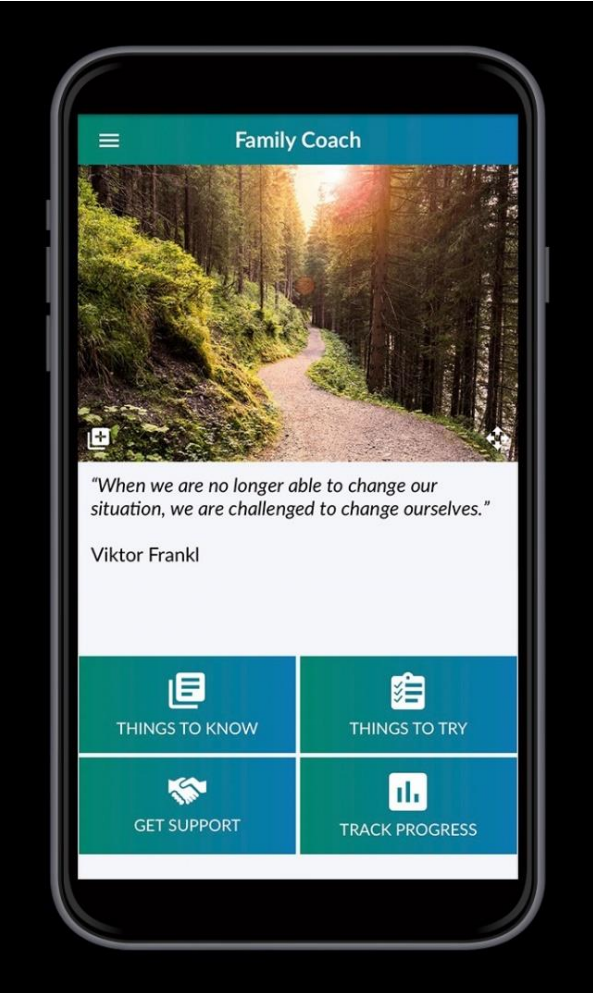
The poster features a teal and light blue background with abstract shapes and icons of houses with hearts. At the top center is a white icon of two people, one with an arm around the other, set within a teal square. Below this is the title "PTSD Family Coach" in bold dark blue text, followed by the subtitle "To support loved ones of individuals with PTSD" in a smaller font. A QR code is centered below the text. At the bottom of the poster, the National Center for PTSD logo is on the left, and the URL "ptsd.va.gov/mobile" is on the right.

**PTSD Family Coach**  
To support loved ones of individuals with PTSD

Turn on your phone camera to scan the QR code to learn more.

National Center for PTSD  
POSTTRAUMATIC STRESS DISORDER

[ptsd.va.gov/mobile](https://ptsd.va.gov/mobile)



The image shows a smartphone displaying the "Family Coach" app. The app has a teal header with a menu icon and the title "Family Coach". Below the header is a large photograph of a dirt path winding through a forest. Underneath the photo is a quote: "When we are no longer able to change our situation, we are challenged to change ourselves." attributed to Viktor Frankl. At the bottom of the screen is a grid of four teal buttons with white icons and text: "THINGS TO KNOW" (document icon), "THINGS TO TRY" (clipboard icon), "GET SUPPORT" (handshake icon), and "TRACK PROGRESS" (bar chart icon).

Family Coach

*"When we are no longer able to change our situation, we are challenged to change ourselves."*

Viktor Frankl

THINGS TO KNOW

THINGS TO TRY

GET SUPPORT

TRACK PROGRESS