



**Self-Management Apps
by US Department of Veterans Affairs
National Center for PTSD | Mental Health Services**



<http://www.ptsd.va.gov/PTSD/public/materials/apps/>



PTSD Coach



PTSD Coach is a mobile app for the self-management of post-traumatic stress disorder (PTSD). It is designed for Veterans, servicemembers, and trauma survivors who may be experiencing symptoms of PTSD, as well as for their families and others who would like to learn more about post-traumatic stress.

This app provides education about PTSD, information about professional care, a self-assessment for PTSD, opportunities to find support, and tools that can help users manage the stresses of daily life with PTSD. Tools range from relaxation skills and positive self-talk to anger management and other common self-help strategies. This app can be used by people who are in treatment as well as those who are not.



PTSD Family Coach



PTSD Family Coach is for partners, family members, and other loved ones of individuals who may be experiencing post-traumatic stress disorder (PTSD). It is a standalone app to help people learn about PTSD and access resources to help support a loved one with PTSD.

PTSD Family Coach provides education about PTSD, information about treatment options for PTSD and navigating the challenges of caregiving, practical tips and tools for managing challenging situations and stress, a self-assessment for tracking stress, and connections to support networks and resources.



Concussion Coach



Concussion Coach is for Veterans, Service members, and others who have experienced a concussion or mild to moderate traumatic brain injury (TBI) to learn about and cope with their injury.

Concussion Coach provides tools and relaxation exercises for managing problems associated with TBI; a self-assessment tool for measuring symptoms of brain injury, with feedback and a graph for tracking symptoms over time; educational materials about traumatic brain injury and options for treatment by TBI professionals; and immediate access to crisis resources, personal support contacts, or professional mental healthcare.



Mindfulness Coach



Mindfulness Coach is designed to support independent mindfulness practice. Healthy people may practice mindfulness to increase their resilience and self-awareness, improve emotional balance, and build positive skills for managing their lives. Mindfulness has also been shown to be effective for reducing stress, anxiety, depression, and chronic pain.

Mindfulness Coach offers nine guided mindfulness exercises, each with both audio and self-guided versions; educational material about the core concepts of mindfulness and the benefits of practice; a log for keeping track of mindfulness practice; and customizable reminders.



Mood Coach



Mood Coach is an app for Veterans, Service members, and others to learn and practice Behavioral Activation skills for depression and improving mood.

Mood Coach offers a complete positive activities scheduling system that allows people to customize and plan activities that correspond with their personal values and track their progress. Other features include a daily mood tracker, the PHQ-9 assessment for depression, and education about depression and PTSD.



Moving Forward



Moving Forward is designed to provide practical information and interactive tools for effective problem-solving and stress reduction. With Moving Forward, people can learn to recognize their problem solving style and stress levels and become better problem solvers. The app may be used alone or in combination with the Moving Forward online course (www.startmovingforward.org).

Moving Forward provides problem-solving worksheets with step-by-step guidance to tackle difficult challenges; educational material about effective problem solving and stress management; assessments to learn about problem solving styles and track stress levels; and guided relaxation tools for reducing stress.



Parenting2Go



Parenting2Go is a mobile app for Veterans and servicemembers to help them reconnect with their families after a deployment or anytime. The app may be used alone or in combination with the Parenting for Service Members and Veterans online course (www.veteranparenting.org).

Parenting2Go provides tools to facilitate the daily transition from a work mindset to a family environment; guided exercises for reducing stress; a tracker to help parents monitor their positive and negative communications with their children; and practical tips for resolving parenting challenges.



VetChange



VetChange is an app for Veterans and Service members who are concerned about their drinking and how it relates to posttraumatic stress after deployment, and for all people who are interested in developing healthier drinking behaviors.

VetChange provides tools for cutting down or quitting drinking, tools for managing stress symptoms, education about alcohol use and how it relates to PTSD symptoms, and guidance to find professional treatment.