

Self-Care Mobile Apps

www.ptsd.va.gov

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National Center for
PTSD
POSTTRAUMATIC STRESS DISORDER

NCPTSD mobile apps were developed for Veterans and Servicemembers with PTSD and related concerns. However, **these apps can be used by anyone to support recovery**, including people who are in treatment as well as those who are not. Most of the apps feature education, self-assessment, skill development, personalized tools, multimedia demos, and links to support. There are also companion websites with extra content as noted below; these websites are independent of the apps and offer another way to access the information.



PTSD Coach supports the self-management of posttraumatic stress disorder (PTSD). The app may be used alone or in combination with the website PTSD Coach Online (www.ptsd.va.gov/apps/ptsdcoachonline/).



PTSD Family Coach is for partners, family members, and other loved ones of individuals who may be experiencing posttraumatic stress disorder (PTSD). This standalone app also contains support tools for caregiving.



AIMS is an app for anyone with anger problems. It may be used alone, or in combination with the Anger and Irritability Management Skills online self-help course (www.veterantraining.va.gov/aims).



Concussion Coach is for anyone who has experienced a concussion or mild to moderate traumatic brain injury (TBI) to learn about and cope with their injury.



Mindfulness Coach is designed to support independent mindfulness practice. The app also contains information about mindfulness and PTSD symptoms, increasing resilience and self-awareness, improving emotional balance, and building positive skills.



Mood Coach is an app to learn and practice behavioral activation skills for depression and improving mood. The skills it teaches can also be helpful for people with PTSD.



Moving Forward is designed to provide practical information and interactive tools for effective problem-solving and stress reduction. The app may be used alone or with the Moving Forward online course (www.veterantraining.va.gov/movingforward).



Parenting2Go is a mobile app to help families reconnect after a deployment or improve parenting anytime. The app may be used alone or with the Parenting for Service Members and Veterans online course (www.veterantraining.va.gov/parenting).



VetChange is an app for anyone who is concerned about their drinking and PTSD. The app may be used alone or in combination with the VetChange website (www.ptsd.va.gov/apps/change).