

- **Mindfulness Coach**

Grounding yourself in the present moment can help you cope better with unpleasant thoughts and emotions. The Mindfulness Coach app will help you do this.

<https://mobile.va.gov/app/mindfulness-coach>

App Description

Mindfulness means paying attention, on purpose, to whatever is going on in the present moment without passing judgment on it. Mindfulness has been shown to be effective for reducing stress, improving emotional balance, increasing self-awareness, helping with anxiety and depression, and coping more effectively with chronic pain.

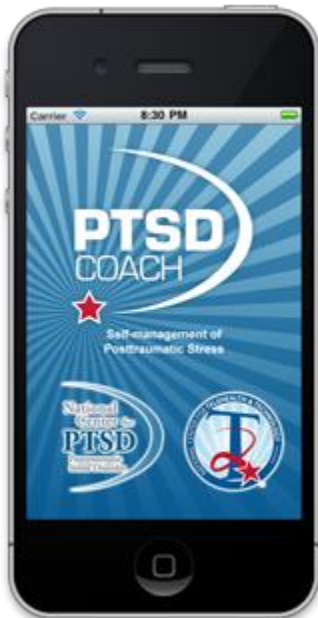
This app was developed to help Veterans, Service members, and others learn how to practice mindfulness. It offers exercises, information, and a tracking log so that you can optimize your practice. Mindfulness Coach was created by VA's National Center for PTSD and DoD's National Center for Telehealth & Technology.

- **PTSD Coach**

This mobile app is to help you learn about and cope with the symptoms related to PTSD that commonly occur following trauma.

<https://www.ptsd.va.gov/public/materials/apps/PTSDCoach.asp>

Mobile App: PTSD Coach



PTSD Coach has now been downloaded over 100,000 times in 74 countries around the world.

The PTSD Coach app can help you learn about and manage symptoms that often occur after trauma. Features include:

- Reliable information on PTSD and treatments that work
- Tools for screening and tracking your symptoms
- Convenient, easy-to-use tools to help you handle stress symptoms
- Direct links to support and help
- Always with you when you need it

Providing you with facts and self-help skills based on research.

Download the mobile app



Free PTSD Coach download from:

[iTunes \(iOS\)](#) and [Google Play \(Android\)](#)

Now available for [Canada \(in French\)](#) and other versions on iTunes.

Also see [PTSD Coach ONLINE](#) for desktop use: choose from 17 tools.

How to use PTSD Coach

Together with professional medical treatment, PTSD Coach provides you with resources you can trust. If you have, or think you might have PTSD, this app is for you. Family and friends can also learn about PTSD and coping from this app.



NOTE: PTSD is a serious mental health condition that often requires professional evaluation and treatment. PTSD Coach is not intended to replace needed professional care.

The questionnaire used in PTSD Coach, the PTSD Checklist (PCL), is a reliable and valid self-report measure used across VA, DoD, and in the community, but it is not intended to replace professional evaluation.

- **PTSD Family Coach**

PTSD Family Coach is an app to support family members of those living with posttraumatic stress disorder (PTSD). <https://www.ptsd.va.gov/public/materials/apps/PTSDFamilyCoach.asp>

Mobile App: PTSD Family Coach




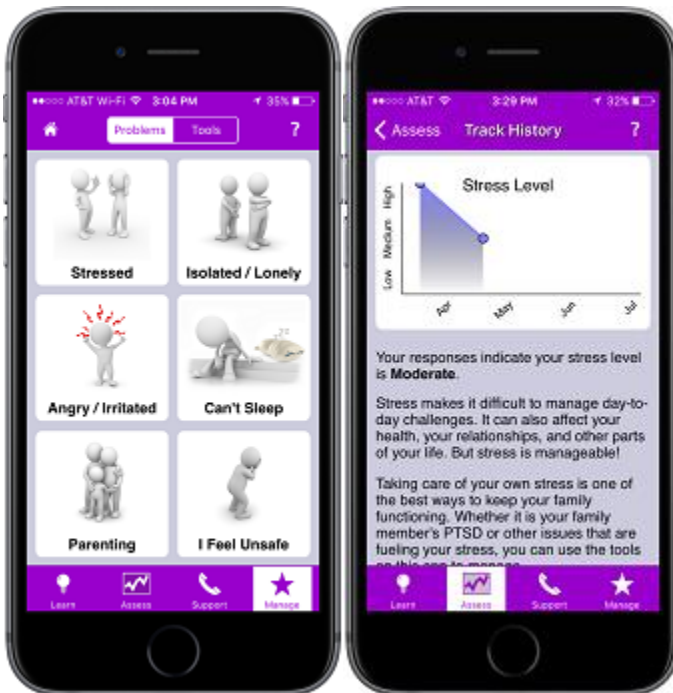
Living with a family member who has PTSD can be stressful. PTSD Family Coach is an app similar to [PTSD Coach](#). PTSD Family Coach provides support for concerned family members of those with PTSD.

The app can help you learn about PTSD, how to take care of yourself, and how to manage your relationship with your loved one or children. PTSD Family Coach also has information on how to help your loved one get the treatment they deserve.

Features include:

- Information about PTSD and how it affects those who care about someone with PTSD.

- Tips to help families better support a loved one with PTSD, and themselves. The app includes information on how to find counseling.
- Facts about counseling for individuals or couples managing PTSD in a relationship.
- Tools to help family members manage stress.
- Self-created support network of people to connect with when in need.
- Download the mobile app
-  **Free PTSD Family Coach download from:**
[iTunes \(iOS\)](#)
- How to use PTSD Family Coach
- PTSD Family Coach was designed as a standalone tool to help you learn about PTSD and access resources to help support a loved one with PTSD. This app has tools to help you manage stress and find support when you need it most.



- **NOTE:** PTSD is a serious mental health condition that often requires professional evaluation and treatment. PTSD Family Coach is not intended to replace needed professional care.

- **VetChange**

This mobile app is for Veterans and Servicemembers who are concerned about their drinking and how it relates to posttraumatic stress after deployment, or for anyone who wants to develop healthier drinking behaviors. <https://www.ptsd.va.gov/public/materials/apps/VetChange.asp>

Mobile App: VetChange



VetChange is an app for Veterans and Servicemembers who are concerned about their drinking and how it relates to posttraumatic stress after deployment, or for anyone who wants to develop healthier drinking behaviors.

Features include:

- Tools for cutting down or quitting drinking
- Information about alcohol use and how it relates to PTSD symptoms
- Tools for managing stress symptoms without using alcohol
- Tips to find support and professional treatment

NOTE: Unhealthy alcohol use and PTSD are mental health conditions that often require professional evaluation and treatment. VetChange is not intended to replace professional care for someone who has PTSD or who would benefit from counseling. Please tell your health care provider if you are using the app while you are in counseling.

How to Use VetChange

VetChange was developed for Veterans and Servicemembers who are looking to develop healthier drinking behaviors.

This app will help you:


- Learn about how alcohol use and PTSD symptoms may be affecting your life, and build your motivation to change
- Set weekly goals for cutting back or stopping drinking, and track your progress with a daily drink log
- Manage drinking urges, daily stress and PTSD symptoms including problems with anger or sleep
- Find support by phone or text message

NOTE: Although this mobile app is focused on Veterans and Servicemembers, it can be helpful for anyone concerned about his or her drinking.

Download the Mobile App




Free VetChange download from:









[iTunes \(iOS\)](#) 

Treatment Companion Apps

- [CPT Coach](#)
CPT Coach is a free mobile app that helps you work with your therapist during Cognitive Processing Therapy (CPT). The app helps you keep track of homework, appointments, and PTSD symptoms. CPT Coach is not a self-help tool.
- [PE Coach](#)
A mobile app to be used during Prolonged Exposure (PE) therapy with a mental health professional. PE Coach is not a self-help tool.

Related Mobile Apps

- [Mood Coach](#)
This mobile app will help you learn and practice Behavioral Activation. This app is designed to help you make a plan to boost your mood with positive activities and tracking progress. Free from: [iTunes \(iOS\)](#) 

- **Concussion Coach**
This mobile app will help you manage symptoms of concussion, or mild to moderate traumatic brain injury. Free from: [iTunes \(iOS\)](#) . Coming for Android devices.
- **Parenting To Go**
Helps Veterans and Servicemembers reconnect with their children and strengthen parenting skills. Free from: [iTunes \(iOS\)](#) .
- **Moving Forward**
Tools to teach problem solving skills to overcome obstacles and deal with stress. Free from: [iTunes \(iOS\)](#) .
- **ACT Coach**
A treatment companion app for use while in Acceptance and Commitment Therapy (ACT). ACT aims to help you live with unpleasant thoughts and feelings without avoiding them or being controlled by them. Free from: [iTunes \(iOS\)](#) .
- **CBT-i Coach**
This mobile app will help you get the most out of Cognitive Behavioral Therapy for Insomnia so that you can develop good sleep habits and sleep better. CBT-i Coach is best used while in therapy with a provider. Free from: [iTunes \(iOS\)](#)  and [Google Play \(Android\)](#) .
- **Stay Quit Coach**
A free mobile app that helps you stay quit after you stop smoking with tools to control cravings, reminder messages, and support links. This app is best used while in treatment with a therapist or after your treatment has ended. Free from: [iTunes \(iOS\)](#)  and [Google Play \(Android\)](#) .

Note for Providers: See [Mobile Apps for Professionals](#) for additional apps and more information on treatment companion apps.