



PTSD Coach: A Step-By-Step Guide

Apple® and Android™ Devices

App Features

What is PTSD Coach?

The PTSD Coach application (app) is for people with symptoms of post-traumatic stress disorder (PTSD). The app helps you learn about PTSD. It provides helpful tools for when you're feeling distressed (e.g., worried, sad, disconnected, angry).

*This app is not intended to replace mental health care.

Why use PTSD Coach?

PTSD Coach allows you to assess and track your symptoms over time to see which tools are helping the most. This app can be used anytime you have your mobile device and can be personalized for you.

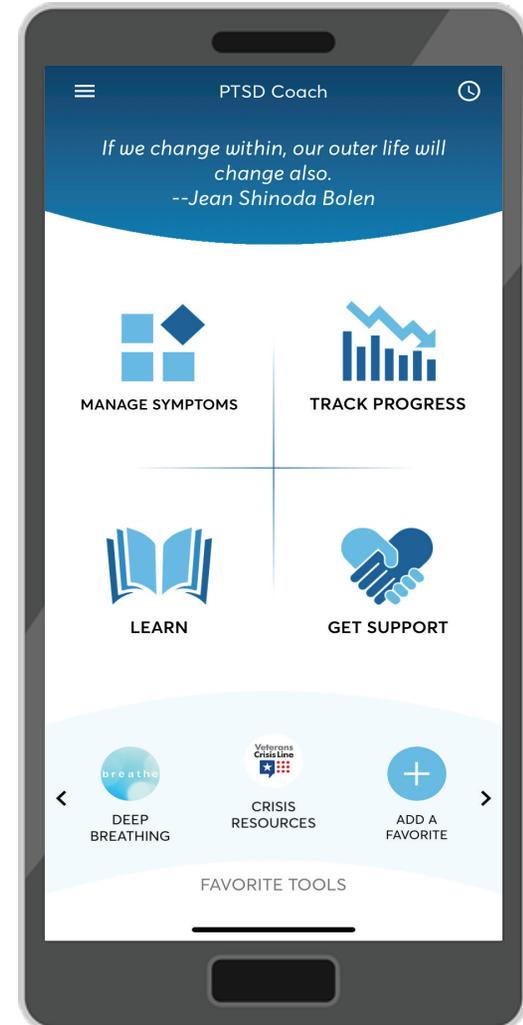
Additional Details

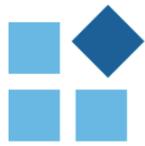
This app was developed by the VA's National Center for PTSD and the Department of Defense's DHA Connected Health. This app does not collect any data that could be used to identify you.

You will need to read and accept the End User License Agreement to use the app.

Home Screen

When first opening the app, you will see the Home Screen. This is the main screen for finding tools and information in the app.





Feature 1: Manage Symptoms

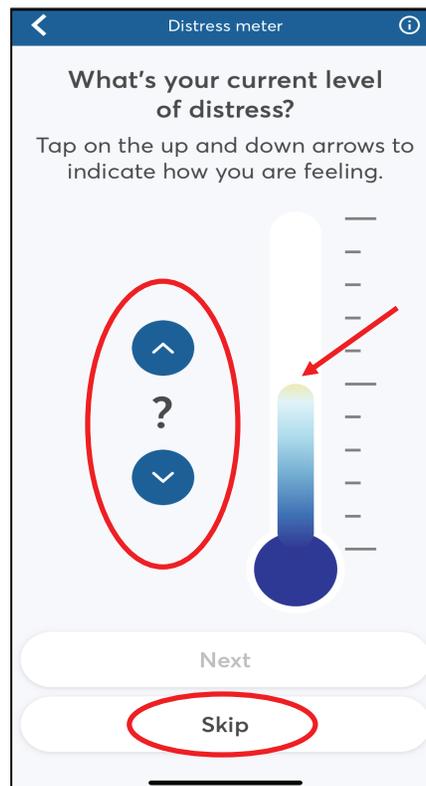
Manage Symptoms gives you tools to help you work through symptoms you may be experiencing.

Step 1: Tap **Manage Symptoms** on the home screen. Look for tools using specific **Symptoms**, the **Tools** themselves, or by **Favorites**.

Step 2: Scroll up or down and tap on the topic that interests you.

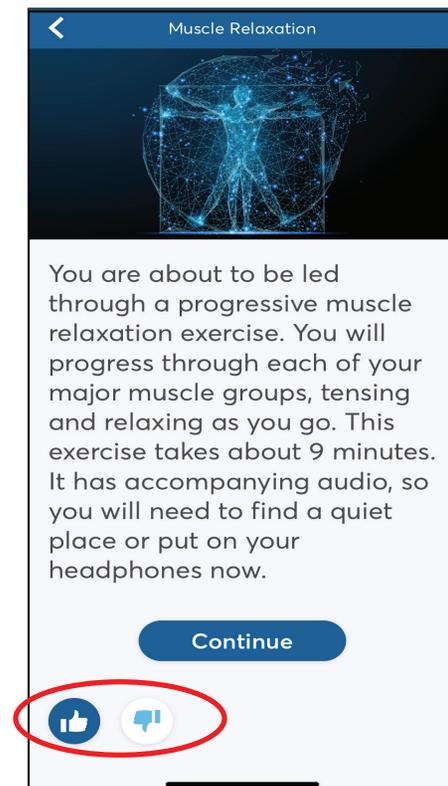


Step 3: Before using the tool, rate your current distress. Use the up & down buttons or slide your finger/stylus on the meter. Up means more distress. Then push **Next**. Or, you can **Skip** this step.



Step 4: Use the tool. Read the information on the screen and follow along with the activity.

If you like the tool, mark it with the **thumbs up** button. See Page 6 for information. 





Feature 2: Track Progress

Track Progress allows you to answer questions about how you're feeling. Tracking may help you see how your symptoms change over time.

Step 1: Tap **Track Progress** on the home screen.

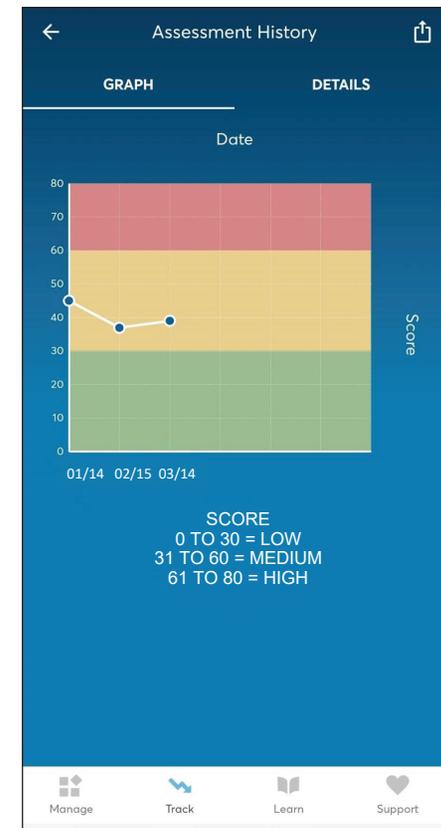
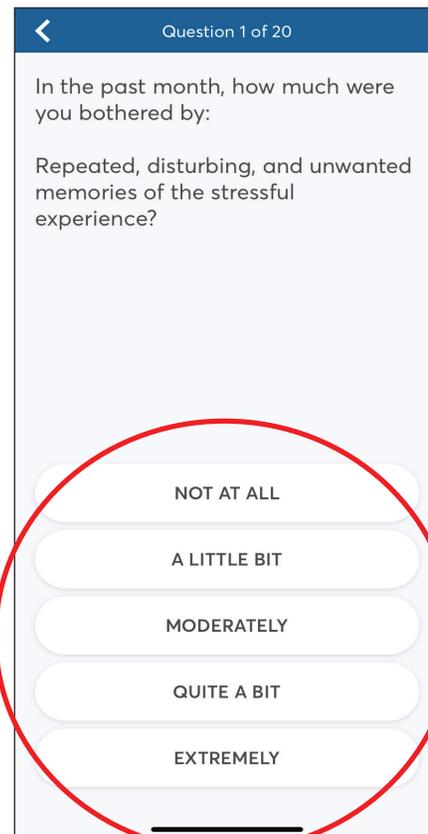
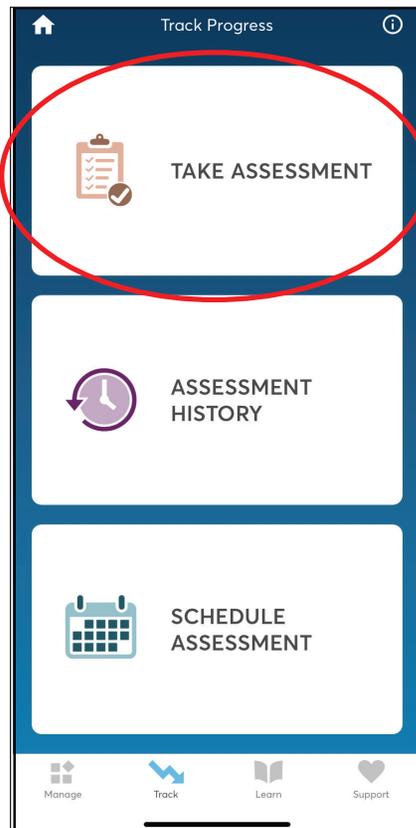
Step 2: Tap **Take Assessment**.*

You can also tap **Assessment History** or **Schedule Assessment**.

Step 3: Answer the questions in the assessment by tapping on the button that best matches your experience. Once finished, you will receive customized feedback.

The graph in **Assessment History** helps you to see how your symptoms have changed over time.

*This app does not diagnose people or disorders.

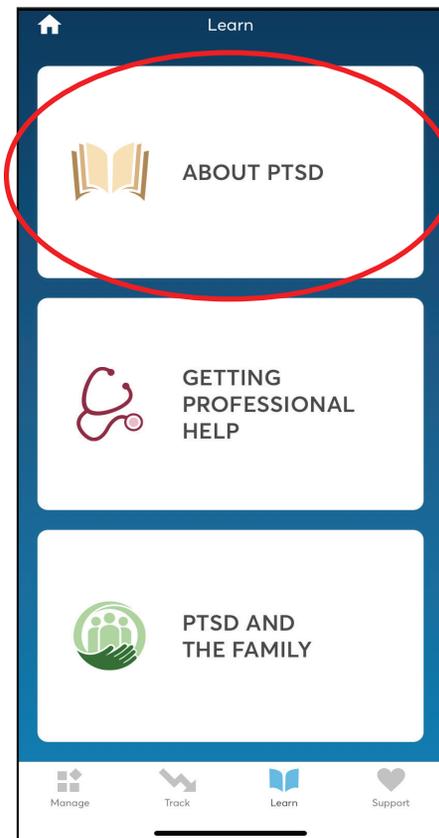




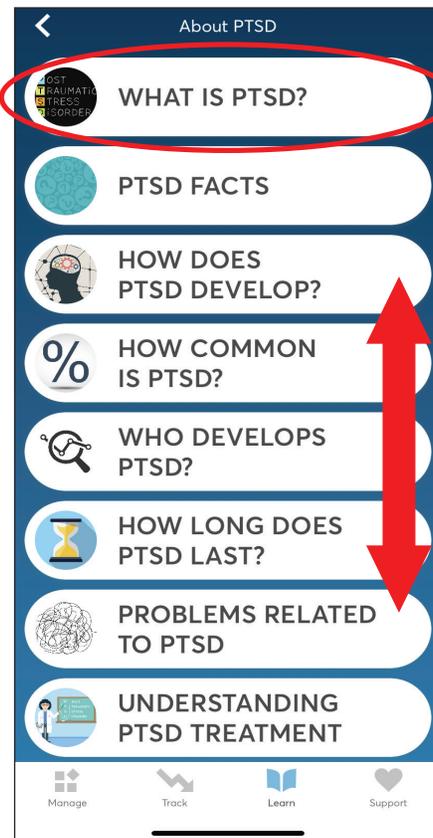
Feature 3: Learn

Learn provides short readings to answer frequently asked questions about PTSD. You can also learn how to involve friends and family.

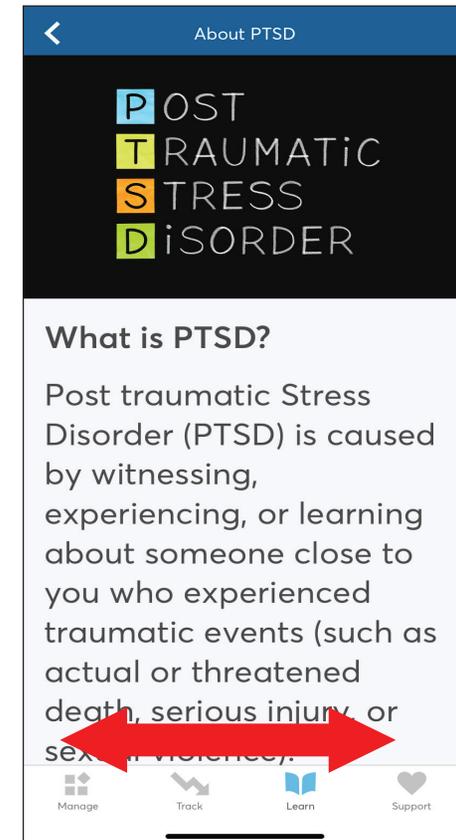
Step 1: Tap **Learn** on the home screen. To learn **About PTSD**, tap the button. If you are interested in **Getting Professional Help** or learning about **PTSD and the Family**, tap those buttons.



Step 2: Scroll up and down through the different topics. Tap to select a topic.



Step 3: Read the information provided. Ask your provider if you have questions. Swipe left or right to learn more.



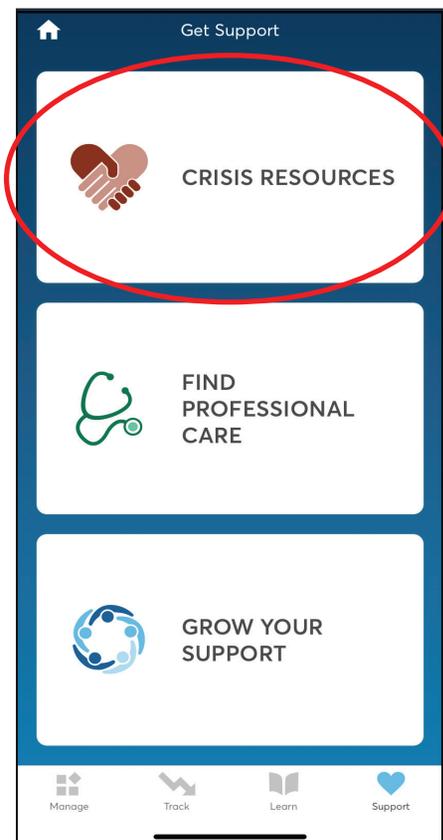


Feature 4: Get Support

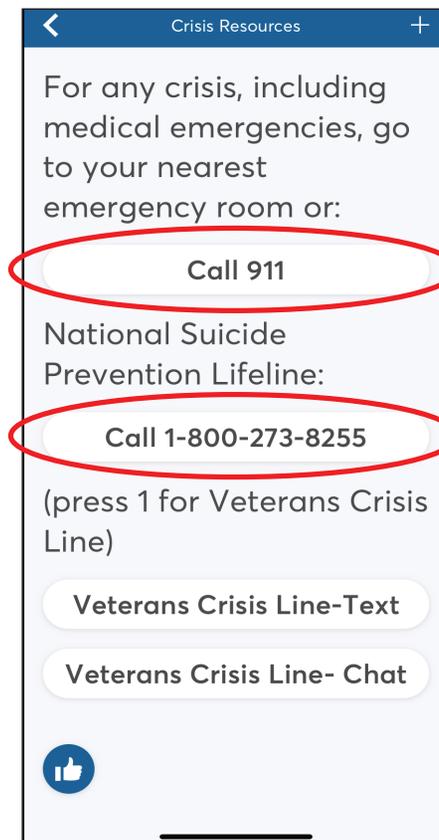
Use **Crisis Resources** for immediate support. Helps you **Find Professional Care**. Helps you to **Grow Your Support**.

Step 1: Tap **Get Support** on the home screen.

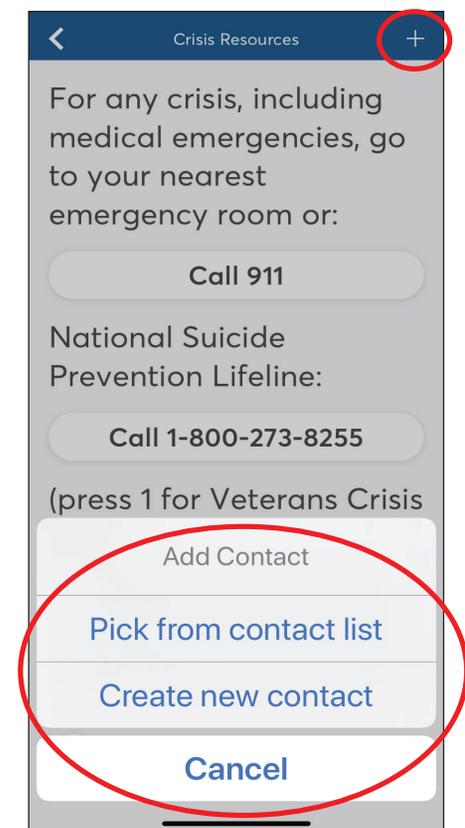
Step 2: Tap **Crisis Resources**. You can also **Find Professional Care** or **Grow Your Support**.



Step 3: Tap on the resource you think will be helpful. The app will connect you automatically to the resource you select.

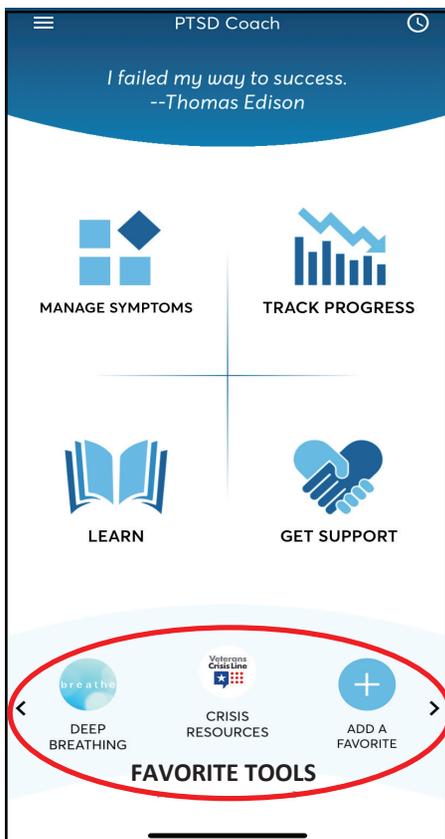


Step 4: To add a contact to your Crisis Resources list, tap the **plus sign** **+** on the top right corner of the screen. Pick from your contact list or create a new contact.



Favorite Tools

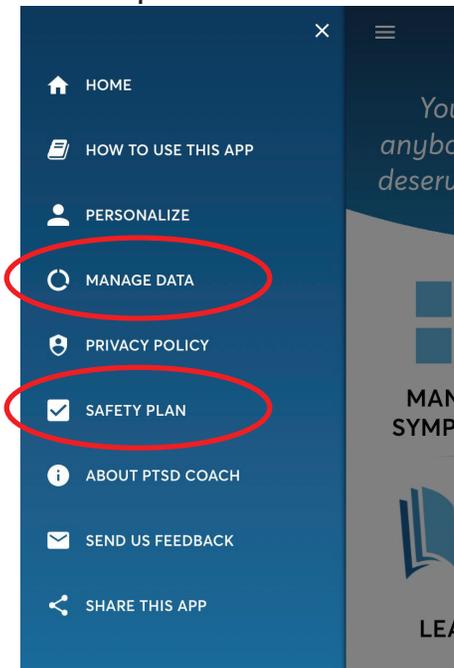
Go to the home screen by pushing  or the back button  multiple times. The **Favorite Tools** shows the tools you selected with the **thumbs up button** . Tap the arrows on the sides to see all your favorites.



Additional Tips

On the home screen, tap  to access additional features.

- To opt out of sending anonymous usage data, click **Manage Data** and tap the toggle switch  to off (no blue showing.)
- You may create a **Safety Plan** to use when feeling distressed. Follow the onscreen instructions for setup.



Questions?

Provider Name:

Provider Phone Number:

For further technical assistance

Call: VA Mobile Apps Help Desk
1-877-470-5947
(7 am-7 pm CT, Mon—Fri)

Email: MobileMentalHealth@va.gov

Website:

www.ptsd.va.gov/appvid/mobile

Call 911 if you are having a crisis or go to your nearest emergency room.

To reach the **Veterans Crisis Line**, call **1-800-273-8255** and **press 1**.

Confidential crisis **chat** at **VeteransCrisisLine.net** or text to **838255**.