VA MENTAL HEALTH MOBILE APPS	
No app is intended to replace professional treatment	
AIMS for Anger Management	AIMS is designed for Veterans and military Service members, but can be used by anyone coping with anger problems. The AIMS app is based on the Anger and Irritability Management Skills online self-help course. The app provides users with education about anger, opportunities for finding support, the ability to create an anger management plan, anger tracking, and tools to help manage angry reactions. Users can also create custom tools based on their preferences, and can integrate their own contacts, photos, and music. The AIMS app may be used alone, or in combination with the online course or in-person therapy.
Beyond MST	Beyond MST was designed to help people heal from sexual assault or harassment during military service, also called military sexual trauma (MST). The app is a free, secure, and private self-help tool that survivors can use at their own pace in their recovery. It features over 30 specialized tools to help users build skills to cope with problems, manage symptoms, and improve their quality of life. Users can set self-care goals, track their recovery progress, and learn more about MST and common concerns that survivors experience. Users can also learn more about important sources of support for MST survivors and find inspiration to continue on their recovery journeys. This app can be used by people who are in mental health treatment and those who are not. No account or password is required, no identifiable data is collected, and there is an option to enable a PIN lock for extra privacy. You are not alone: the Beyond MST app can help.
Couples Coach	Couples Coach is designed for partners who want to improve their relationship and explore new ways to connect. The app takes users through five levels of expert-written education and engaging behavioral exercises informed by science. Popular exercises like Using I Messages and Active Listening are brought to life in a dynamic and interactive format. Couples Coach pairs up partners as they explore assessments and share results, learn about different approaches to common relationship issues, and review available resources in their communities. It also includes comprehensive relationship information for couples living with PTSD.
PTSD Coach	PTSD Coach was designed for those who have, or may have, posttraumatic stress disorder (PTSD). This app provides you with education about PTSD, information about professional care, a self-assessment for PTSD, opportunities to find support, and tools that can help you 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. You can customize tools based on your preferences and can integrate your own contacts, photos, and music. This app can be used by people who are in treatment as well as those who are not.
STAIR Coach	STAIR Coach is designed to help you manage trauma symptoms and help improve your emotional wellbeing and relationships. STAIR Coach includes tools for self-care, a mood journal, and a training plan to help you understand and regulate your emotions and improve your relationships with others. You can set goals and reminders, take assessments, and track your progress in improving your symptoms over time. The app also includes quick links to help you find support. STAIR Coach can be used independently or while participating in Skills Training in Affective & Interpersonal Regulation (STAIR) psychotherapy.
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. This app 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.
MENTAL HEALTH ONLINE RESOURCES	
No app is intended to replace professional treatment	

The Depression and Bipolar Support Alliance DBSA Wellness Tracker	Allows you to keep track of your emotional, mental, and physical health. The tracker reports give you an at-a-glance summary of your health trends. This can help you better recognize potential health problems and mood triggers in your daily life, as well as help you better partner with your clinician on treatment plans.
PTSD Coach Online	PTSD Coach Online is for anyone who needs help with upsetting feelings. Trauma survivors, their families, or anyone coping with stress can benefit.
MENTAL HEALTH ONLINE VIDEOS	
Manage Stress (3:10)	Video
Coping with Depression (4:49)	Video
Make the Connection	Veterans and their loved ones talk about their experiences, challenges, and recovery. Filter to find stories you can relate to.
MENTAL HEALTH SERVICES	
Veterans Crisis Line	If you are having thoughts of suicide, dial 988, then PRESS 1 or visit http://www.veteranscrisisline.net/. For emergency mental health care, you can also go directly to your local VA medical center 24/7 regardless of your discharge status or enrollment in other VA health care.
Vet Centers	Discuss how you feel with other Veterans in these community-based counseling centers. 70% of Vet Center staff are Veterans. Call 1-877-927-8387.
OTHER SERVICES	
Team Red, White & Blue	Our chapters and the Team RWB App deliver virtual and local, consistent, and inclusive opportunities for veterans and the community to connect through physical and social activity. Volunteers host regular fitness activities, social gatherings, and community service events, and facilitate building strong local connections with members and organizations within the community.
VA Caregiver Support	As a family caregiver you play an important role in caring for the Veteran at home and in the community.
Hidden Heroes	If you care for a wounded, ill, or injured veteran or service member, you may need support at some point along your caregiving journey. Whether you need comprehensive case management support, assistance with applying for benefits, or just a listening ear, Hidden Heroes is here to help.