

VA MENTAL HEALTH MOBILE APPS - No app is intended to replace professional treatment

ACT Coach	<p>Acceptance and Commitment Therapy (ACT) aims to help you live with unpleasant thoughts, feelings, and impulses without avoiding them or being controlled by them. In ACT, you are encouraged to commit to actions so that you can live your life by your values, even in the face of these unpleasant experiences. This app was developed for Veterans, Service Members, and other people who are in Acceptance and Commitment Therapy in consultation with a therapist. It offers exercises, tools, information, and tracking logs so you can practice what you're learning in your daily life.</p>
AIMS for Anger Management	<p>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.</p>
Beyond MST	<p>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.</p>
Cbt-i Coach	<p>CBT-i Coach is for people who are engaged in Cognitive Behavioral Therapy for Insomnia with a health provider, or who have experienced symptoms of insomnia and would like to improve their sleep habits. The app will guide users through the process of learning about sleep, developing positive sleep routines, and improving their sleep environments. It provides a structured program that teaches strategies proven to improve sleep and help alleviate symptoms of insomnia. CBT-i Coach is intended to augment face-to-face care with a healthcare professional. It can be used on its own, but it is not intended to replace therapy for those who need it. CBT-i Coach is based on the therapy manual, Cognitive Behavioral Therapy for Insomnia in Veterans.</p>
Couples Coach	<p>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.</p>
CPT Coach	<p>CPT Coach is for those with posttraumatic stress disorder (PTSD) who are participating in Cognitive Processing Therapy (CPT) with a professional mental healthcare provider. This app contains support materials for a complete course of CPT to help patients manage their treatment, including between session assignments, readings, PTSD symptom monitoring, and mobile versions of CPT worksheets.</p>
PE Coach	<p>PE Coach is designed to be used during therapy for posttraumatic stress disorder (PTSD) with a health professional who is trained in Prolonged Exposure (PE) therapy. The app will guide you through the exercises assigned by your therapist and allows you to track and record your progress. In addition, the app provides techniques such as controlled breathing that will help you tolerate and decrease your distress. PE Coach will help you remember and track your upcoming therapy sessions. You will be able to audio record your sessions directly onto your phone so you can review them later as part of your treatment.</p>
PTSD Coach	<p>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.</p>
STAIR Coach	<p>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.</p>
VetChange	<p>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.</p>
Moving Forward	<p>The app is a convenient way to use stress management and problem solving tools on-the-go. It can be used alone, or in combination with the Moving Forward online course. App only available on iPhones.</p>
t2 Mood Tracker	<p>This is a mood tracker app with separate sections for anxiety, depression, general well being, head injury and post traumatic stress. You can also add customized scales on any topic (e.g., a pain scale). You use simple sliders to rate yourself on these behavioral categories and the app automatically graphs your inputs. You can also make notes describing things that happened during the day that may have affected your moods.</p>
VA Mental Health Checkup for Veterans	<p>The Mental Health Checkup application (app) for Veterans allows Veterans to monitor, assess and access information for mental health conditions. The app helps Veterans evaluate symptoms related to the mental health condition they would like to treat without having to leave their home. By completing information in the app's provider assigned assessments, Veterans can view results and real time feedback related to their mental health condition.</p>

Concussion Coach	Concussion Coach was designed for Veterans, Service members, and other individuals who experience physical, cognitive, and emotional symptoms that may be related to mild to moderate traumatic brain injury. This app provides users with information about concussion, a self-assessment instrument for symptoms and their severity, tools to help users build resilience and manage symptoms, and recommendations for community-based resources and support. Users can customize tools based on their references and can integrate their own contacts, photos, and music.
OTHER MENTAL HEALTH MOBILE APPS - No app is intended to replace professional treatment	
MindShift	Aims to help teens and young adults cope with stress and anxiety by facing it, rather than avoiding it. Lists symptoms of anxiety. Offers strategies to manage worry, panic, conflict, ordinary anxiety, and three specialised categories of anxiety: test anxiety, social anxiety, and perfectionism. Also contains relaxation exercises.
MENTAL HEALTH ONLINE RESOURCES - Not 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.
Moving Forward Online	Moving Forward helps to face common challenges such as managing stress, balancing school and family, relationship problems, coping with physical injuries, financial difficulties, and adjustment issues.
Manage Stress	A workbook will guide you through steps to identify and track your stress, and practice a variety of strategies that have been shown to counteract stress
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, call 1-800-273-8255, 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.
VA Mental Health Services Guide	This guide will help you sign up and access mental health 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.