

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 PTSD self-assessment, ways to find support, and tools to 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.

PTSD Coach was created by VA's National Center for PTSD and DoD's National Center for Telehealth & Technology.

URL

[PTSD Coach](#)

[View PDF](#)

[Android App Link for PTSD Coach](#) [Apple App Link for PTSD Coach](#)