

Published on *VeteransNavigator* (<https://veteransnavigator.org>)

[PTSD Coach - Mobile App](#)

Post Traumatic Stress Disorder (PTSD) is a serious illness that the Department of Veterans Affairs does not take lightly. With increased studies and knowledge in the areas of PTSD, the VA has created a tool outside of a patient's regular health care needs. The **PTSD Coach** App gives Veterans and caregivers:

- 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

This app is now available from iTunes(iOS) and Google Play (Android). For more information on the app and how to download it follow [this link](#).

Article Source

U.S. Department of Veterans Affairs

Source URL

<https://mobile.va.gov>

Last Reviewed

Tuesday, April 20, 2021