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## **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](#).

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