

VA MOBILE APPS, ONLINE PROGRAMS, & MENTAL HEALTH CARE: WHAT YOU NEED TO KNOW



HOW DO I USE VA MOBILE APPS & ONLINE PROGRAMS?

- **Before Therapy:** Learn about PTSD, available treatments, and coping skills before you meet with a provider.
- **During Treatment:** Ask your doctor or therapist if you should add a mobile app to your treatment plan. Talk about how to set goals, practice skills, and take self-assessments between sessions.
- **After Therapy:** Continue to use apps to practice skills and track your progress after treatment ends.



IS THE INFORMATION I ENTER PRIVATE?

- **Yes.** VA apps and online programs are held to a strict privacy standard. No one will have access to your data. The developers of the VA mobile apps can see general data from the apps, like number of downloads. They don't have access to any personal data.
- **Secure Your Device:** Use a passcode or pin to prevent others from accessing information that you keep on your device.



TO LEARN MORE, VISIT:

- 🔗 **National Center for PTSD Mobile Mental Health Apps:** www.ptsd.va.gov/appvid/mobile
- 🔗 **Online Programs for Veterans:** www.veterantraining.va.gov
The Veteran Training site offers courses for Veterans on topics like problem solving, good parenting, managing anger and getting good sleep.
- 🔗 **PTSD Coach Online:** www.go.usa.gov/xN9Hb
PTSD Coach Online is for trauma survivors, their families, and anyone coping with stress.
- 🔗 **VetChange:** www.ptsd.va.gov/apps/change
VetChange is a free online program for Veterans worried about their drinking.

Questions or suggestions about mobile apps and online programs?

Email us at MobileMentalHealth@va.gov.