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News Release

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VA releases new COVID Coach mobile app

WASHINGTON – The U.S. Department of Veterans Affairs (VA) today announced the launch of the COVID Coach app, a new mobile app designed to help both Veterans and civilians cope with feelings of stress and anxiety they may be experiencing during the COVID-19 pandemic.

The app includes practical tools, information and resources that can all be used from the safety of one's home to track well-being, mood swings and Post-Traumatic Stress Disorder (PTSD) symptoms.

A personal goal setting tracker can help users work toward achieving small victories. The mindfulness and sleep tools can be helpful for improving mental health and well-being. The indoor activities tool and staying healthy recommendations have been specifically tailored to the current COVID-19 situation.

"VA wants to make sure Veterans have access to every resource available," said VA Secretary Robert Wilkie. "The COVID Coach app provides tools and information to stay mentally and physically healthy."

Direct links to resources are available within the app for those who may need additional professional support. The COVID Coach can be used independently or while engaged in mental health treatment but is not intended to replace needed professional care.

COVID Coach was developed by VA's National Center for PTSD's Mobile Mental Health Team, in conjunction with the Office of Mental Health and Suicide Prevention. [Download](#) the app on iOS and Android devices or from [VA's Mobile App Store](#). Contact MobileMentalHealth@va.gov regarding questions about COVID Coach.

The [National Center for PTSD](#) has information and resources for managing stress during COVID-19 outbreak.

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