

# Treatment Companion Mobile Apps

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National Center for

# PTSD

POSTTRAUMATIC STRESS DISORDER

NCPTSD mobile apps were developed for Veterans and Servicemembers with PTSD and related concerns. The treatment companion apps listed here are intended to be used by Veterans in treatment with a mental health provider. If you are interested in using one of these apps, talk to your provider about how it might complement your treatment. Most of the apps feature education, self-assessment, skill development, personalized tools, multimedia demos, and links to support.



**ACT Coach** is for people who are participating in Acceptance and Commitment Therapy (ACT). ACT Coach provides mindfulness exercises to practice the core ACT concepts of acceptance and willingness; tools to help identify personal values and take concrete actions to live by them; and logs to help keep track of useful coping strategies and willingness to practice.



**CBT-i Coach** is for use by people who are having difficulty sleeping and are participating in Cognitive Behavioral Therapy for Insomnia (CBT-I). CBT-i Coach provides a sleep diary for convenient daily logging of sleep habits; assessment of insomnia, with a graph to view progress; reading materials about sleep and healthy sleep habits; tools to improve sleep, including relaxation exercises; and customizable reminders.



**CPT Coach** is for people who are participating in Cognitive Processing Therapy (CPT). The app provides assignments for each therapy session, digital versions of worksheets, educational handouts, and assessments for tracking symptoms and progress.



**PE Coach** is for people currently in Prolonged Exposure (PE) therapy, an evidence-based treatment for posttraumatic stress disorder. The app offers breathing exercises, assessments to track and record your progress, and an in-app recording feature that can be used in session.



**PFA Mobile** was designed to assist responders who provide psychological first aid (PFA) to adults, families, and children as part of an organized response effort. This app includes summaries of PFA fundamentals, interventions matched to specific concerns and needs of survivors, mentor tips for applying PFA in the field, a self-assessment tool for readiness to conduct PFA, and a survivors' needs form for simplified data collection and easy referral.



**STAIR Coach** is designed to supplement in-person psychotherapy using Skills Training in Affective & Interpersonal Regulation (STAIR). It also may be useful to people experiencing symptoms of trauma. STAIR is an evidence-based psychotherapy that uses cognitive and behavioral techniques to help with managing emotions and relationships. The app includes readings, interactive tools for emotion and behavior management, customizable reminders, and quick links to support.



**Stay Quit Coach** is designed for people participating in Integrated Care for Smoking Cessation. The app provides plans and tools for coping with urges to smoke, motivational messages, and personalized information about the benefits of staying quit. It also offers coping tools for those who smoke after their quit date and reminders to take any medications or nicotine replacement therapies.

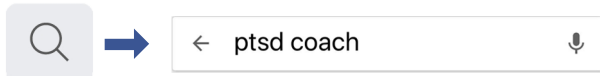
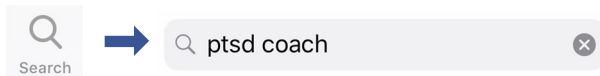
# How to Download Mobile Apps

- 1 Open the App Store / Play Store where you can download a mobile app. The icon is pre-installed and can be found on the screen of your phone or in your apps list.



- 2 Once you launch the App Store / Play Store, select the search icon if you don't see the search bar. Next type "PTSD Coach" (or the name of the app you wish to download) into the search bar and then tap "Search" or search icon as needed. Once you find the app (scroll down if necessary), tap it to select it.

*Note: The correct app will have the US Department of Veterans Affairs listed as the creator, and it will be free. All of our apps are free.*



- 3 Download the selected app by tapping on the "Get" or "Install" button.



GET

or



INSTALL

- 4 If asked, enter your Apple or Google ID password or fingerprint.

- 5 If you remain on the same App Store screen, the "Get" or "Install" button will be replaced by an "Open" button after the download has completed. To access the app, tap this button and follow the on-screen instructions.



OPEN



OPEN

- 6 Once the app finishes downloading, it should automatically create an icon for itself on the home screen. You can tap this icon to open the app at any time without going to the App Store / Play Store again.

- 7 The first time you open the app, the Software End User License Agreement will appear. To move into the app, you need to read through this and tap the "I Accept" button at the bottom.

## License agreement

express consent. You also acknowledge that it is your sole responsibility to protect and otherwise secure any information captured and stored by the software once installed on your device.



I Accept



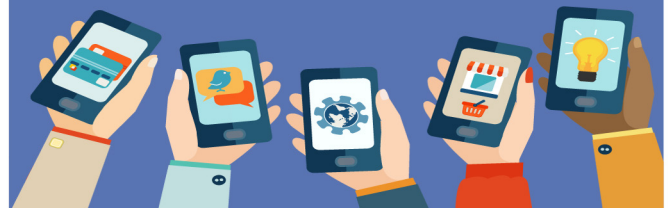
I Accept

- 8 You are ready to begin using the app.

These same instructions can be used to download any VA app.

To learn about more of our apps, please visit: <https://www.ptsd.va.gov>

Email our Mobile Apps Team with app-related questions, feedback, suggestions, or to report bugs: [MobileMentalHealth@va.gov](mailto:MobileMentalHealth@va.gov)



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