

PTSD Coach

Tools and self-help skills for managing PTSD symptoms

12⁺
Age Range



General Information & Features

- Free PTSD app, Available through the VA, designed for anyone who have, or may have, post-traumatic stress disorder (PTSD) , not only for Veterans
- Users learn about the symptoms of PTSD, coping skills and treatments through relaxation, mindfulness, and other stress-management exercises
- Tracks symptoms, feelings and behaviors
- Includes a personalized six-step emergency action plan to help keep patients safe while in crisis
- App language available in Spanish
- Additional resource: [PTSD Coach Online home](#)

At a glance [National Center for PTSD - PTSD Coach Mobile App One-Pager](#)
[NCPTSD Safety Plan for Suicide Prevention Handout](#)

Category

Insomnia

Patient Acuity/Journey

Mild to Moderate

Clinical Interventions

CBTi

Safety

Customizable safety plan; includes national hot-lines



Platforms

iOS, and Android
Web version with additional resources



Costs/Fees

N/A
Free through the VA



Sign-Up Details & Discount Codes

Info available in the
Formulary



Clinician Reviewer Trial Access

Available without charge

Patient Talking Points

- Learn about the symptoms of PTSD, coping skills and treatments through relaxation, mindfulness, and other stress-management exercises
- Manage unwanted feelings in the moment and on the go
- Customize tools based on your preferences by integrating your own contacts, photos, and music
- A Free mobile app; additional resources available through the VA website
- [PTSD Coach Online home](#)

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12+
Age Range



Article Title	Summary
<p>Gould, C., Kok B., Ma, V., Zapata, A., Owen J., Kuhn, E. (2018). Veterans Affairs and the Department of Defense mental health apps: a systematic literature review. doi:10.1037/ser0000289</p>	<ul style="list-style-type: none">Articles reviewed: 22 peer-reviewed studiesParticipants: Veterans, active-duty service members, college students, community adults, and cliniciansDuration of app use in studies: 3 days to 6 months (Mean = 8 weeks).Findings: Most robust evidence among VA/DoD apps. Studies show significant reductions in PTSD symptoms when used as an adjunct to therapy or standalone for self-management.
<p>Owen, J., Kuhn, E., Jaworski, B., McGee-Vincent, P., Juhasz, K., Hoffman, J., & Rosen, C. (2018). VA mobile apps for PTSD and related problems: public health resources for veterans and those who care for them - Owen - mHealth doi:10.21037/mhealth.2018.05.07</p>	<ul style="list-style-type: none">Study was conducted to address major gaps in PTSD care for veterans and others affected by trauma—shortage of providers and individuals who may not meet full diagnosis of PTSDApps included in study 15 VA/DoD mobile apps (8 self-management, 7 treatment-companion).N: Full scale: 120 community sample; 45 VA residential program; 49 (community trauma survivors)PTSD Coach Evidence:<ul style="list-style-type: none">High acceptability and satisfaction among veterans (short-term use).Pilot RCT: Symptom improvement noted, but no significant difference vs. control.Full-scale RCT: Significant treatment effects favoring PTSD Coach for PTSD, depression, and functioning.Pre-post studies (college students, cancer survivors): Reliable and clinically meaningful improvements.Aggregate data: >150K downloads; symptom management tools linked to reduced distress; positive user feedback.
Additional Resources	
<p>At a Glance: National Center for PTSD - PTSD Coach Mobile App One-Pager</p> <p>Safety plan: NCPTSD Safety Plan for Suicide Prevention Handout</p> <p>Online companion (content and resources): PTSD Coach Online home</p>	