

FAQ

Do I have to be in treatment to use Mindfulness Coach?

No. Mindfulness Coach can be used by people who are not actively seeking treatment. It contains tools to build mindfulness skills. If you do choose to work with a mental health professional, talk to them about how Mindfulness Coach can be used to support your treatment.

Where does my information go?

When you use a VA mobile mental health app, no data that could be used to identify you is sent to VA or third parties. Any information that you enter into the app, such as names, phone numbers, addresses, images, or music, cannot be accessed, stored, or shared by VA. For more information, read the full privacy policy for mobile mental health apps: www.ptsd.va.gov/appvid/mobile/#privacy

How much time should I spend practicing mindfulness?

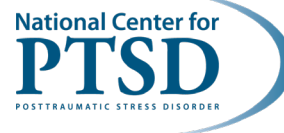
If you are working with a mental health professional, they might have specific recommendations. As with any new skill, you'll find that mindfulness takes practice. Start with one minute per day and work your way through the training plan!

For more information about mindfulness and Mindfulness Coach, please visit:

www.ptsd.va.gov/appvid/mobile/mindfulcoach_app.asp

Do you have any questions or concerns about Mindfulness Coach? We would love to hear from you!

MobileMentalHealth@va.gov



VA



U.S. Department of Veterans Affairs



MINDFULNESS COACH

Mindfulness Coach is a mobile app designed to help you practice mindfulness.

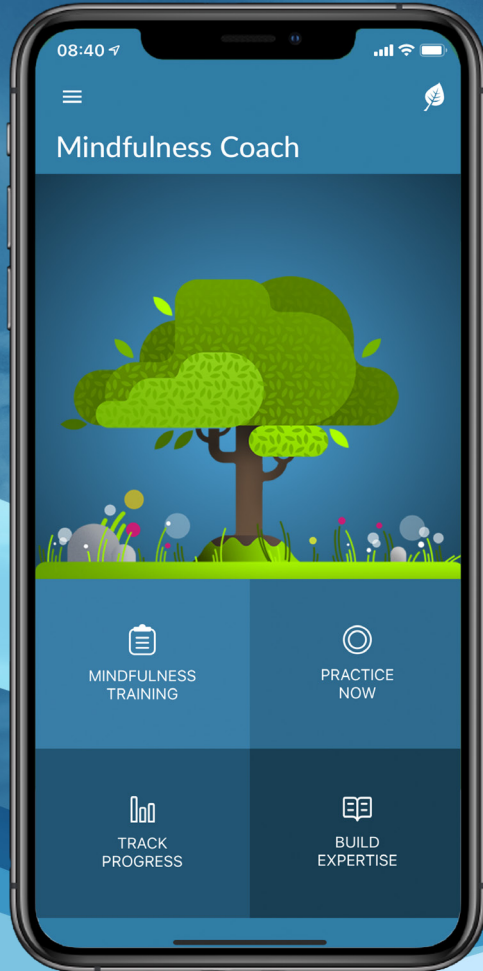
"Just like to say thanks for this great app, best one out there by far, I am finding it very helpful"

- Mindfulness Coach User, 2019



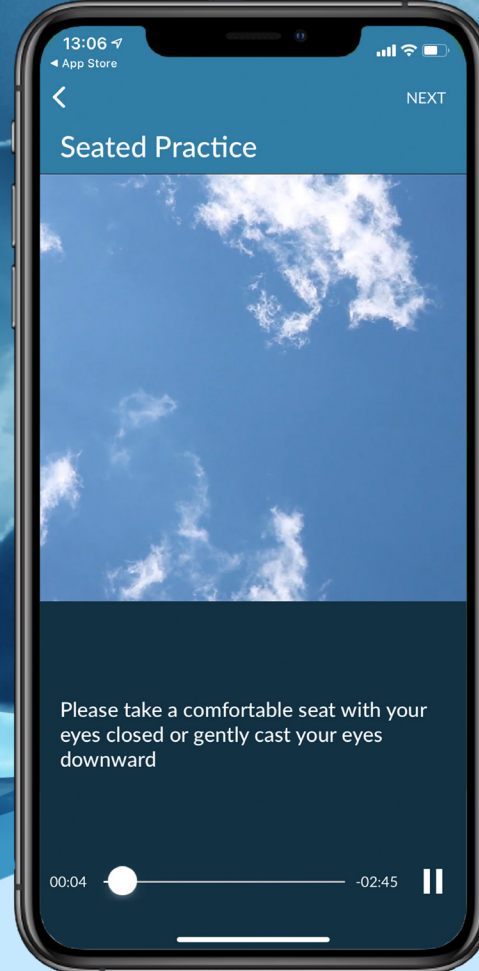
Available for mobile iOS devices (iPhone, iPod touch, and iPad) and Android phones and tablets.

LEARN



- Learn about mindfulness, how to practice it, and its benefits.
- Mindfulness means paying attention, on purpose, to whatever is going on in the present moment without judgment.

PRACTICE



- Personalize and get support to maintain your practice.
- Select an activity and choose to listen to an audio-guided version or read a self-guided version.
- Set reminders in the app for regular practice.

TRACK



- Start practicing with just one minute per day.
- A personalized training plan will help guide you.
- Build your skill and track your progress over time. The more you complete, the more the tree in the app grows!