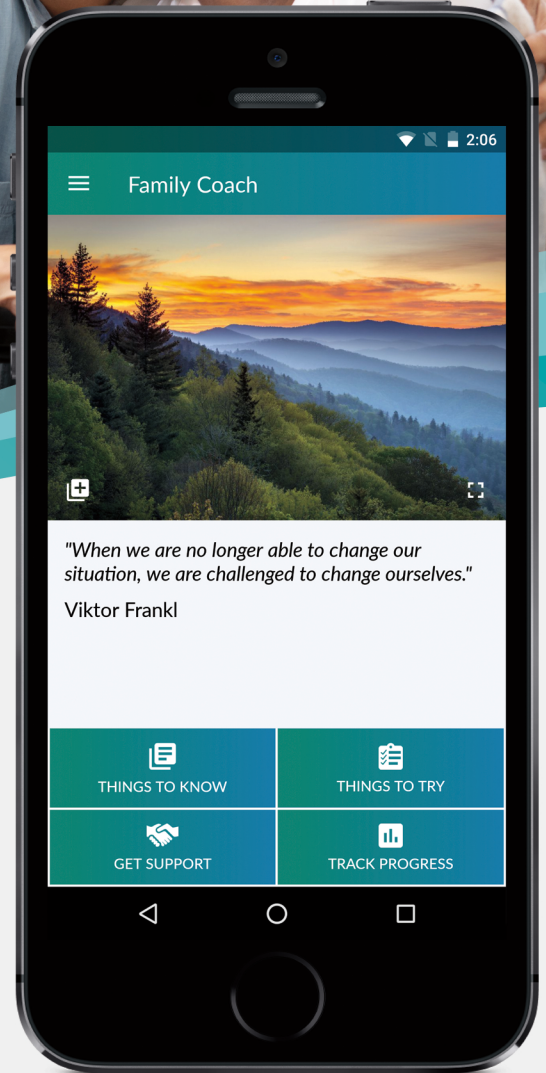
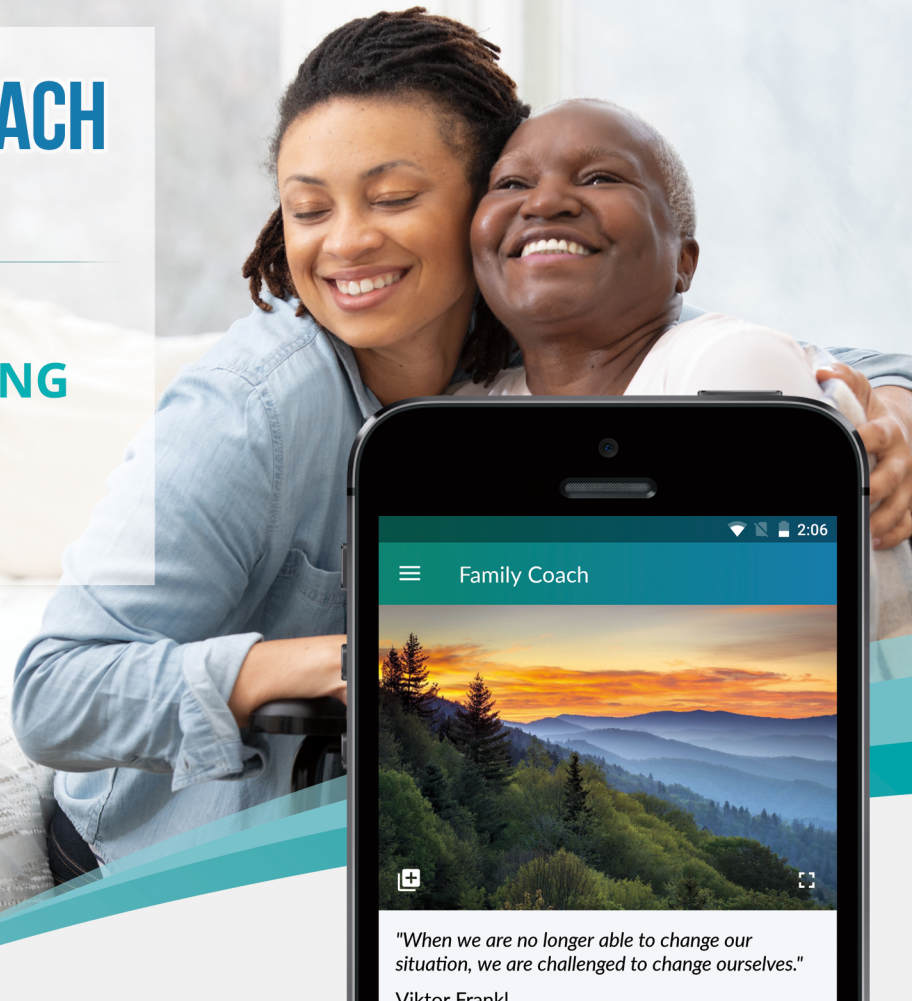




PTSD FAMILY COACH MOBILE APP

SUPPORTING A LOVED ONE
FACING PTSD MEANS GETTING
SUPPORT TOO. HERE'S
SOMETHING FOR YOU.



PTSD Family Coach is a free smartphone application designed to support partners and other loved ones of individuals who have Posttraumatic Stress Disorder (PTSD). This app provides a number of helpful tools to assist family members impacted by PTSD. It can be used as a standalone support for you or as an adjunct to face-to-face treatment. Key features include:



Things to know:

Information about PTSD and how to help a loved one seek care.



Things to Try:

Evidence-based self-help tools for managing stress levels.



Get Support:

Quick access to support, including personal contacts and national hotlines.



Track Progress:

Set goals for yourself, measure your loved one's symptoms, and gauge your own personal well-being.



Join Us:

Join a conversation with #PTSDFamilyCoach.

<https://www.ptsd.va.gov/appvid/mobile/>

