

PTSD FAMILY COACH



PTSD Family Coach is a **free, easy-to-use mobile application**. It was developed by the Department of Veterans Affairs (VA) in 2016 and updated in 2018. The app can help partners and loved ones of people with posttraumatic stress disorder (PTSD). More than **240 family members of Veterans** with PTSD helped create PTSD Family Coach (Owen et al., 2017). The app is an easy way to learn about how PTSD can affect families. It also has tools to help family members manage their well-being.

CUSTOMIZE PTSD FAMILY COACH

Choose the top three things you would like from the app. This way, PTSD Family Coach can highlight content for your needs. Choose from topics, like:

- Managing PTSD symptoms in loved ones
- Taking care of myself
- Managing relationship problems
- Parenting

THINGS TO KNOW

Browse topics that answer questions you may have:

- Learn how your loved one's symptoms can affect you
- Learn how to care for yourself
- Explore treatment options for you and your loved one
- Get tips on how to feel closer to your loved one, respond to anger, and talk about your needs

THINGS TO TRY

Try self-help tools to manage stress levels for your loved one and yourself. Learn how to:

- Communicate positively with your loved one
- Create daily rituals that can help you feel closer
- Manage your loved one's feelings of being alone and help them get out more

GET SUPPORT

Use PTSD Family Coach to connect with other caregivers and learn more about treatment options. Learn how to grow your own personal support system by reaching out to people you trust. If you're in crisis, you can choose from resources that will connect you with people who are ready to help. If you use Twitter, connect with others from within the app using #PTSDFamilyCoach.

TRACK PROGRESS

PTSD Family Coach can help you create goals to help your loved one, yourself, and your family. Learn to recognize and track patterns in your loved one's symptoms. Track your own well-being and learn what helps you feel better over time.

REFERENCES

- 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. *mHealth*. doi:10.21037/mhealth.2018.05.07
- Owen, J., Jaworski, B., Kuhn, E., Hoffman, J., Schievelbein, L., Chang, A., Ramsey, K., & Rosen, C. (2017). Development of a mobile app for family members of Veterans with PTSD: Identifying needs and modifiable factors associated with burden, depression, and anxiety. *Journal of Family Studies*. doi:10.1080/13229400.2017.1377629

