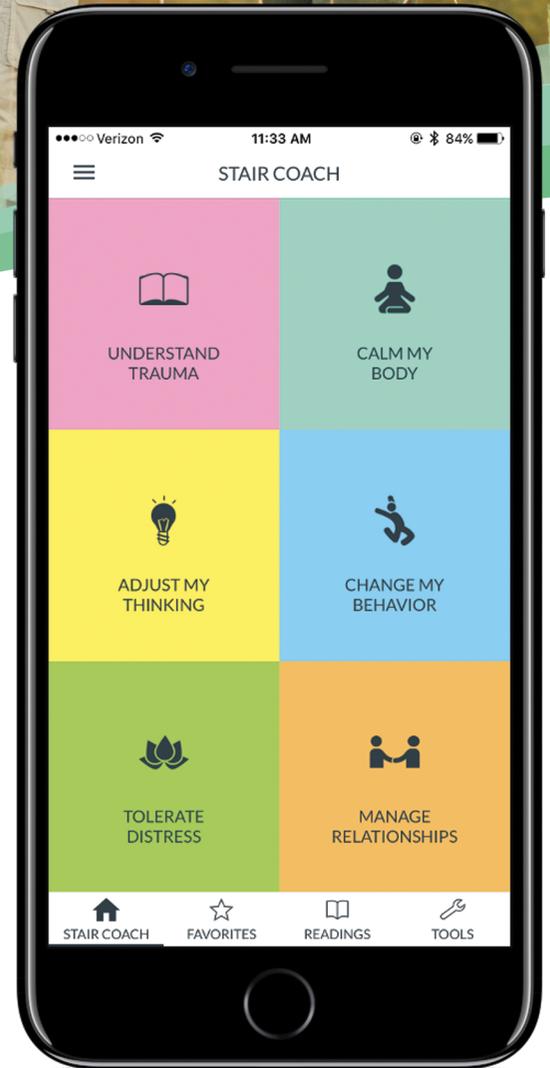




STAIR COACH MOBILE APP

Improve Your Relationships,
One Step at a Time.



STAIR is an empirically supported psychotherapy that helps you to manage emotions and relationships. It may be helpful for people experiencing difficult emotions and symptoms of trauma.

STAIR Coach is a free mobile app. If you are in treatment with a STAIR clinical provider, you might use it as a treatment companion. You can also use the app to:

 Learn how trauma might impact your life.	 Find tools to help manage emotions and behaviors.
 Calm your body and learn how to cope with distress.	 Customize reminders to help practice your new skills.

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

