PTSD Coach is a mobile phone app for the self-management of post-traumatic stress disorder (PTSD). It is designed for veterans, service members, and trauma survivors who may be experiencing symptoms of PTSD, as well as for their families and others who would like to learn more about post-traumatic stress. PTSD Coach represents a collaborative effort between the Department of Veterans Affairs National Center for PTSD (NCPTSD) and the Department of Defense National Center for Telehealth & Technology (T2).

Patients often encounter barriers to obtaining information and treatment that is available for PTSD. PTSD Coach was designed as a standalone app for people to use to access education and learn about services to treat symptoms of PTSD. PTSD Coach also provides self-help intervention strategies for people with PTSD. The app is likely to be even more effective if it is used in conjunction with face-to-face treatment with a professional healthcare provider.

PTSD Coach was developed by psychologists at the Department of Veteran Affairs and the Department of Defense. The content of the app is evidence-based, using best practices as determined by the state of the art in psychological research and the Department of Veteran Affairs.

The features of PTSD Coach include:

- A PTSD self-assessment tool, with feedback and a graph for tracking symptoms over time
- Educational materials about PTSD symptoms, treatment, related conditions, and forms of treatment
- Relaxation and focusing exercises designed to address symptoms of PTSD in the moment
- Immediate access to crisis resources, personal support contacts, or professional mental healthcare

PTSD Coach is available now for mobile Apple devices (iPhone, iPod Touch, and iPad) and mobile Android devices.

For more information about PTSD, see http://www.ptsd.va.gov.