Concussion Coach is a mobile phone app for veterans, service members, and others who have experienced a concussion or mild to moderate traumatic brain injury (TBI) to learn about and cope with their injury. Concussion Coach was a collaborative effort between the Department of Veterans Affairs Rehabilitation and Prosthetic Services, the Department of Veterans Affairs National Center for PTSD (NCPTSD), and the Department of Defense National Center for Telehealth and Technology (T2).

Traumatic brain injury includes any blow to the head that results in a change in perception, loss of consciousness, or a loss of memory for the events right after the injury. TBI has been especially common in the current conflicts in Iraq and Afghanistan. TBI often comes with emotional challenges (such as getting angry more easily), physical problems (such as headaches, balance problems, and dizziness), and cognitive issues (such as concentration or memory problems). Every patient is different; they may appear to be fully functional with only a few very specific problems that an outside observer may not notice, or they can have significant challenges that are apparent to strangers. Concussion Coach is intended to support treatment of mild to moderate TBI with a healthcare professional by providing portable, convenient tools for the patient to assess symptoms and cope with TBI-related problems.

The features of Concussion Coach include:

- Tools and relaxation exercises for managing problems associated with TBI
- A self-assessment tool for measuring symptoms of brain injury, with feedback and a graph for tracking symptoms over time
- Educational materials about traumatic brain injury and options for treatment by TBI professionals
- Immediate access to crisis resources, personal support contacts, or professional mental healthcare

This app is meant to be used in conjunction with face-to-face treatment for concussion or traumatic brain injury with a healthcare professional. It can be used on its own with ease, but is not intended to replace professional diagnosis, medical treatment, or rehabilitation therapies for those who need them.

Concussion Coach is available for mobile Apple devices (iPhone, iPad, and iPod touch) from the App Store, and will be available for mobile Android devices from Google Play in 2016.

For more information about traumatic brain injury, see http://www.ptsd.va.gov.