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PTSD COACH



Self-management of
Posttraumatic
Stress

National
Center for
PTSD
Posttraumatic
Stress Disorder



PTSD 27M-16C

Learn & Manage PTSD Symptoms

The PTSD Coach app can help you learn about and manage common symptoms that occur after trauma.

PTSD Coach offers information related to trauma, PTSD symptoms, and treatment and includes a self-assessment. You can use it to identify personal sources of emotional support, and access phone numbers and links to treatment programs. In an emergency, instantly connect to the Military Crisis Line (800-273-TALK, press 1). Although the app is a stand-alone education tool, it is intended to use with psychological health treatment.

t2health.dcoe.mil



Developed by National Center for Telehealth & Technology, a Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury center.

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