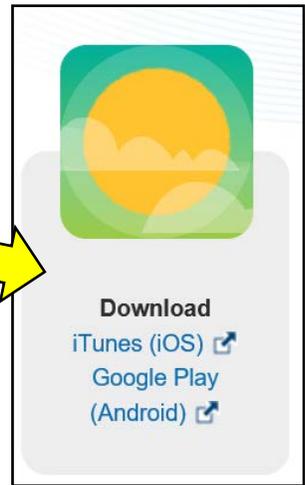


The Veterans' Administration, working with the National Center for PTSD, just launched a new **COVID Coach app** now available in the **Apple Store** for IOS devices.

*Have an Android device? A version for that platform is coming soon.*

The app is free, secure, and designed to help individuals, partners, and families connect with important resources that will build resilience, manage stress, improve coping skills, and increase their well-being during the pandemic.



### Features include:

- Education about coping during the pandemic
- Tools for self-care and to improve emotional well-being
- Trackers to check your mood and measure personal goals
- Graphs to visualize progress over time

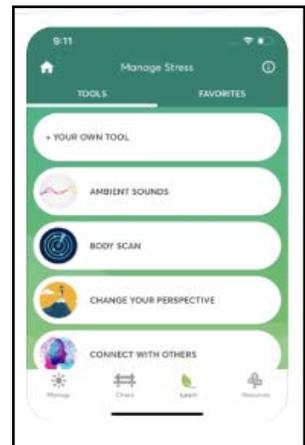
COVID Coach can be a stand-alone education & self-care tool, or a supplement to professional mental health care.

**Mark your favorite coping tools.**

**Set reminders to focus on specific get well goals.**

**Track your mental health over time.**

Use the app to create your own personal support network.



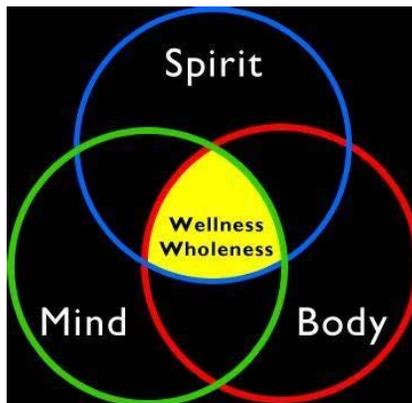

**MIND - BODY CONNECTION**

Mind can create illness or wellness.

The interconnectedness of the nervous, endocrine and immune systems suggests a unified healing system.

Positive thoughts and emotions can benefit mental health

Nurturing the psyche is critical to optimal health.




INFORMATION National Center for PTSD on

National Center for PTSD - U.S. Department of Veterans Affairs

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