

## **Phone/Web Applications**

### **PTSD Coach**

Together with professional medical treatment, PTSD Coach provides you dependable resources you can trust. If you have, or think you might have PTSD, this app is for you. Family and friends can also learn from this app. The PTSD Coach was created by the VA's National Center for PTSD and the DoD's National Center for Telehealth and Technology.

[www.ptsd.va.gov/public/pages/PTSDCoach.asp](http://www.ptsd.va.gov/public/pages/PTSDCoach.asp)

### **The DoD National Center for Telehealth and Technology (T2)**

Our Nation's Warriors, Veterans and their Families will have improved lives through access to and use of tested interventions to prevent, treat and mitigate the adverse psychological health and TBI sequelae of war. Our mission is to lead the development of telehealth and technology solutions for Psychological Health and Traumatic Brain Injury to improve the lives of our Nation's Warriors, Veterans and their Families.

<https://www.t2health.org/category/products/mobile-app>