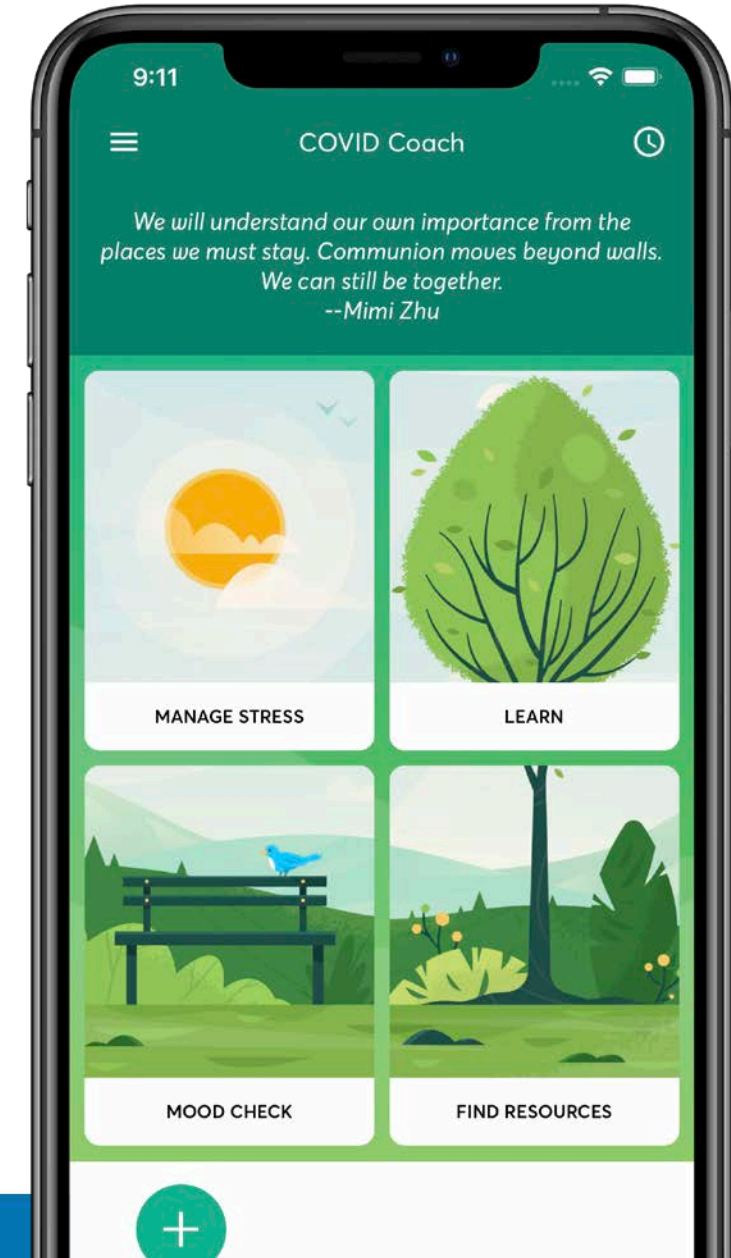


For managing stress related to the COVID-19 pandemic

Uses:

- Learn ways to improve your well-being during this global pandemic
- Use trackers for mental health and personal goals
- Find tools for coping and self-care
- Follow links to additional resources



Learn more at the National Center for PTSD website:

https://www.ptsd.va.gov/appvid/mobile/COVID_coach_app.asp



COVID Coach

A mobile application for Veterans, Servicemembers, and anyone affected by the COVID-19 pandemic

Features:

- Education to help you improve your well-being during this global pandemic
- Tools for coping and self-care
- Trackers for mental health and personal goals
- Resources for additional support

Developed by the Mobile Mental Health Apps Team at the VA's National Center for PTSD.

Contact our team with feedback to help us improve this app:

MobileMentalHealth@va.gov

Learn more at the National Center for PTSD website:

https://www.ptsd.va.gov/appvid/mobile/COVID_coach_app.asp

