

There's A (Free) "App" for That!



<https://mobile.va.gov/appstore/veterans>

Look for these Free Apps to support Veteran Mental Health at iTunes and Google Play "stores".



Problem Solving



PTSD



Mindfulness



Concussion Coach TBI



Acceptance/
Commitment Tx
Supports Therapy



Cognitive Behavioral
Therapy for Insomnia



Cognitive Processing
Therapy



Prolonged Exposure



Stay Quit Smoking



Homeless Services



Supportive Internet
Videos, Customizable



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Need a hand helping
a Veteran get into care?
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Learn more at <http://www.mirecc.va.gov/coaching>



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BEDFORD
200 Springs Road | Bedford, MA 01730

	Moving Forward (App) you can access on-the-go tools and learn problem solving skills to overcome obstacles and deal with stress. It is especially helpful in managing challenges such as: returning to civilian life, balancing school and family life, financial difficulties, relationship problems, difficult career decisions, and coping with physical injuries. It may be used alone or in combination with the free Moving Forward online course www.veterantraining.va.gov/movingforward
	The PTSD Coach App was designed for Servicemembers and Veterans who have, or may have, Post Traumatic Stress Disorder (PTSD). This App provides readily available tools to manage PTSD-related symptoms and stress and supports them with self-assessments, symptom-tracking capabilities, educational materials, and coping skills to address and monitor stress. https://mobile.va.gov/app/ptsd-coach
	Mindfulness Coach was designed to help Veterans, Servicemembers and others learn how to practice mindfulness. Mindfulness means paying attention, on purpose, to whatever is going on in the present moment without passing judgment on it. https://mobile.va.gov/app/mindfulness-coach
	The Concussion Coach App offers tools to assess and cope with concussion symptoms. This app is best used when you are in face-to-face treatment with a health provider, it is not meant to be a replacement for diagnosis, medical treatment, or rehab therapy with a health provider. https://mobile.va.gov/app/concussion-coach
	ACT Coach was designed for Veterans, Servicemembers and others who are in Acceptance and Commitment Therapy (ACT) with a mental health professional and want to use an ACT App in conjunction with their therapy. The App is designed to improve rates of patient participation in treatment and, as a result, treatment outcomes. https://mobile.va.gov/app/act-coach
	The CBT-i Coach App was designed for use by Veterans and others who are having difficulty sleeping and are using in conjunction with Cognitive Behavioral Therapy for Insomnia (CBT-i) treatment guided by a healthcare professional. With CBT-i, patients are taught to recognize how their thoughts and sleep-related behaviors affect their sleep patterns. https://mobile.va.gov/app/cbt-i-coach
	CPT Coach was designed for Veterans, Servicemembers and others with posttraumatic stress disorder (PTSD) who are participating in Cognitive Processing Therapy (CPT) with a professional mental health care provider and want to use a CPT App in conjunction with their therapy. The App is designed to improve rates of participation in treatment and treatment outcomes. https://mobile.va.gov/app/cpt-coach
	PE Coach is designed to be used interactively by both clinician and patient as an aide to face-to-face PE Therapy. A requirement for successful use of this App by health care providers is formal clinical training in PE Therapy. This App does not provide training in PE and will not serve as a substitute for this training. https://mobile.va.gov/app/pe-coach
	The 311VET App was designed for Veterans to ask general VA Benefits questions and receive answers 24/7/365 from any mobile device, allowing answers at anytime and from anywhere. 311VET allows Veterans to gather information on Health Care Benefits, Pensions, Life Insurance, Dependents and Survivors Benefits, and much more. https://mobile.va.gov/app/311vet
	The Stay Quit Coach App helps Veterans with Post-Traumatic Stress Disorder (PTSD) quit smoking. The App guides users in creating a tailored plan that takes into account their personal reasons for quitting. It provides information about smoking and quitting, interactive tools to help users cope with urges to smoke, and messages and support to help users stay smoke-free based on evidence-based clinical practices, and has been shown to double quit rates for Veterans with PTSD. https://mobile.va.gov/app/stay-quit-coach
	MakeTheConnection.net , a one-stop resource where Veterans and their families and friends can privately explore information about physical and mental health symptoms, challenging life events, and mental health conditions. Veterans and their families and friends can learn about available resources and support.
	Coaching into Care is a free and confidential coaching service to help callers discover new ways to talk with a Veteran in their life about their concerns and about treatment options. You can learn more about Coaching Into Care at http://www.mirecc.va.gov/coaching
	Call, Text 838255 , or Chat , Veterans Crisis Line 1-800-273-8255 Press 1
	Homeless Services App; Connects user with closest VA, resources, food, shelter, etc.
	This QR code brings you to a book from Bedford VA called " Guide to Services for Veterans and Families " with helpful information about programs and contact numbers to learn more, or go to www.bedford.va.gov/guide

