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 on the National Center for PTSD website.
COVID Coach

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