

# 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](mailto:MobileMentalHealth@va.gov)

Learn more at the National Center for PTSD website:

[https://www.ptsd.va.gov/appvid/mobile/COVID\\_coach\\_app.asp](https://www.ptsd.va.gov/appvid/mobile/COVID_coach_app.asp)

