

COVID Coach *At A Glance*



What Is COVID Coach?

COVID Coach is a free, easy to use mobile application created for Veterans and civilians to support self-care and overall mental health during the coronavirus (COVID-19) pandemic and beyond.

The app connects you with resources to help you cope with the pandemic. Key features help you manage stress, stay healthy, remain connected, and navigate parenting, caregiving, and working from home. COVID Coach also has assessments to monitor well-being, anxiety, mood, and PTSD symptoms. With the app, you can track your mood and progress as well as access resources for additional support. A personal goal tracker can help you work toward setting attainable goals and feel in control during these uncertain times. Direct links are also available for those who need professional support regarding benefits and unemployment, state-specific public or mental health resources, local VA resources, and further information on COVID-19.

COVID Coach is available for download on iOS or Android devices in the Apple App or Google Play store.

COVID Coach is not meant to replace professional care for COVID-19 or mental health conditions.

This app was created by the U.S. Department of Veterans Affairs' National Center for PTSD.

Helpful Tips

To get the most out of COVID Coach, we recommend that you:

- Try a new coping tool every day.
- Favorite the tools that help the most.
- Track your mental health symptoms over time.
- Create and use a personal support network.
- Learn more about how to practice self-care during these difficult times.
- Set a personal goal and work towards it every day.

Help and Additional Information

For assistance with the COVID Coach app, dial 1-877-470-5947 to speak with a VA representative or email mobilementalhealth@va.gov. More resources, such as a Slideshow and FAQs can be found on mobile.va.gov/app/covid-coach.



U.S. Department of Veterans Affairs

Veterans Health Administration
Office of Connected Care

COVID Coach

Get Started

Anyone with an Android device, iPhone or iPad can access COVID Coach by following these steps:

- Go to the Google Play Store and search for COVIDCoach or Apple App Store and search for COVID Coach.
- Tap the name of the app in the search results.
- On the app's page, tap **Install** (Android) or **Get** (Apple) to download the app.
- From your device's home screen, tap the **app icon**.
- If you have an Android device, tap **Allow** for COVID Coach to access photos, media and files on your device.
- Read the Software End User License Agreement, and tap **Tap to Accept** (Android) or **I Accept** (Apple). Then read the welcome message and tap **Get Started**.

Access App Features

Tap the **menu icon** in the top left corner of the home screen to access features and information about the app including personalization and data settings, privacy policy, and submitting feedback about the app to VA.

Manage Stress

Tap **MANAGE STRESS** on the home screen to find interactive tools to help you deal with challenges during these difficult times. On the CHALLENGES screen, choose from a list of areas you want help with, or tap **Tools** for a full list of available activities. Within each tool, use the arrows at the bottom of the screen to move through additional prompts. To add tools you find most useful to the home screen tap **FAVORITES** and then tap **Add a Favorite**.

Mood Check

Tracking mental health symptoms over time will help you recognize patterns and figure out what works to help you manage and improve your well-being. Tap **MOOD CHECK** on the home screen to find these trackers and a goal-setting tool to help you work towards attaining manageable goals.

Set Reminders

Tap the **clock icon** in the top right corner of the screen to set reminders to complete mental health trackers within the app for well-being, anxiety, mood, or PTSD symptoms. Set reminders for times that will be convenient for you to complete the assessments every day.

Learn

Tap **LEARN** on the home screen for helpful tips on how to manage many of the difficult challenges you might be facing and emotions you might be experiencing during the COVID-19 pandemic.

Find Resources

COVID Coach is not intended to replace professional care. Tap **FIND RESOURCES** on the home screen for more information about professional services to support your needs.

