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As part of their ongoing development of telehealth resources for veterans dealing with Post Traumatic Stress Disorder, the Department of Defense and the Department of Veterans Affairs have created a smartphone app.

The PTSD Coach, unveiled this week, is a free mobile application geared toward giving “veterans and servicemembers the help they earned when and where they need it,” said VA Secretary of Veterans Affairs Eric Shinseki in a statement.

[See also: [Army's Iraq mental telehealth pilot slow to ramp up.](#)]

To that end, **[the PTSD Coach app](#)** enables users to track symptoms, find local support sources, individualize strategies for managing PTSD and get anonymous assistance, the DoD and VA said.

The application, the agencies noted, “should not be seen as a replacement for traditional therapy.”

The PTSD Coach is available for the iPhone now via iTunes, and an Android version will follow by spring’s end, DoD and VA officials said.

The DoD’s National Center for Telehealth and Technology has released **[a series of mobile applications](#)** thus far including Breathe2Relax, Tactical Breathing Trainer, and T2 Mood Tracker.

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