

# NCPTSD Mobile Mental Health Resource Quick Guide



## Materials Frequently Requested by Staff

### Prescription for Behavioral Health

5x7" "prescription" pad for providers to easily share VA mobile apps and online resources.



Order the Rx Pad and many other free resources from the Government Publishing Office.

[orders.gpo.gov/PTSD.aspx](https://orders.gpo.gov/PTSD.aspx)

## Free Monthly CE Lecture Series



Every 2nd Wednesday of the month, 12-1pm ET / 9-10am PT

[www.myvaapps.com/pbi-network-ce-lecture-series](http://www.myvaapps.com/pbi-network-ce-lecture-series)



Contact Our Team

[MobileMentalHealth@va.gov](mailto:MobileMentalHealth@va.gov)



Download Our Mobile Apps

[www.ptsd.va.gov/appvid/mobile](http://www.ptsd.va.gov/appvid/mobile)

## Self-Care Mobile Apps Handout

Learn about our free, publicly available apps that offer coping tools, crisis resources, and more.



Share or download our most popular handouts for our mobile apps.

[www.myvaapps.com/flyers](http://www.myvaapps.com/flyers)

## App Demo Videos



Get an overview of our apps and easily download them from the National Center for PTSD website.

[www.ptsd.va.gov/appvid/mobile](http://www.ptsd.va.gov/appvid/mobile)

## VA Staff Only

### Tech into Care Community of Practice

Every 1st Tuesday of the month, 12-1pm ET / 9-10am PT

To receive monthly announcements, email us with your va.gov address at [MobileMentalHealth@va.gov](mailto:MobileMentalHealth@va.gov).

Tech into Care SharePoint Site (within VA network): [tinyurl.com/Tech-Into-Care](http://tinyurl.com/Tech-Into-Care)

#### Tips:

- Look under "Community of Practice PPT Slides" for past CoP presentations.
- Look under "The Basics" for key handouts to get started using apps in care.
- Post questions to the Discussion Board.

## Online Programs

- **PTSD Coach Online**  
[www.ptsd.va.gov/apps/ptsdcoachonline/](http://www.ptsd.va.gov/apps/ptsdcoachonline/)
- **VetChange (for PTSD and problem drinking)**  
[www.ptsd.va.gov/apps/change/](http://www.ptsd.va.gov/apps/change/)
- **Veteran Training**  
[www.veterantraining.va.gov](http://www.veterantraining.va.gov)
  - » AIMS for Anger Management
  - » Moving Forward (for help with problem solving)
  - » Path to Better Sleep
  - » Veteran Parenting