

FAQ

Does my partner have to use the app too?

You can work through some relationship missions on your own, but the app works best if used together with your partner. Working together and practicing skills, like observing feelings and behaviors, can lead to a stronger, healthier relationship over time.

Do I have to be in treatment to use Couples Coach?

No, Couples Coach can be used by people who are not actively seeking treatment. It contains tools to increase positive interactions and tips to help you work through conflict. If you do choose to work with a health care professional, talk to them about how Couples Coach can be used to support your treatment. You can find a Couples Counselor near you using the locator in the app.

Where does my information go?

When you use a VA mobile mental health app, no data that could be used to identify you is sent to VA or third parties. Any information that you enter into the app, such as names, phone numbers, addresses, images, or music, cannot be accessed, stored, or shared by VA. For more information, read the full privacy policy for mobile mental health apps: www.ptsd.va.gov/appvid/mobile/#privacy

For more information about
Couples Coach, please visit:
[www.ptsd.va.gov/appvid/mobile/
couplescoach_app.asp](http://www.ptsd.va.gov/appvid/mobile/couplescoach_app.asp)

Do you have any questions
or concerns about Couples
Coach? We would love to
hear from you!

MobileMentalHealth@va.gov



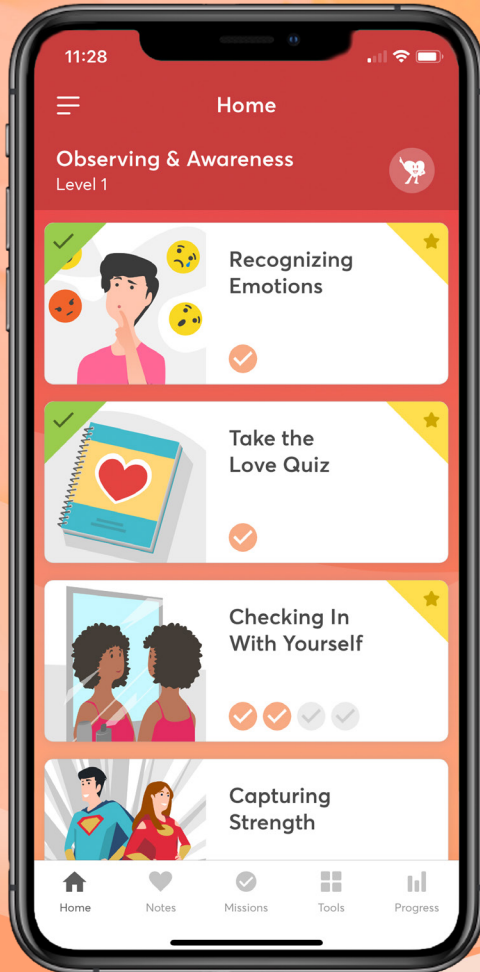
COUPLES COACH

Couples Coach is a mobile app for
partners who want to improve their
relationship and explore new ways
to connect.



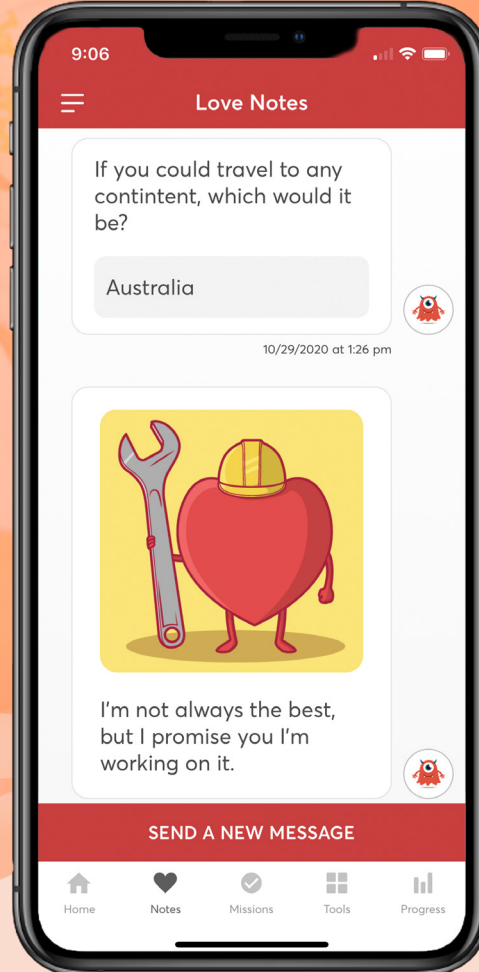
Available for mobile iOS devices
(iPhone, iPod touch, and iPad)
and Android phones and tablets.

COMPLETE MISSIONS



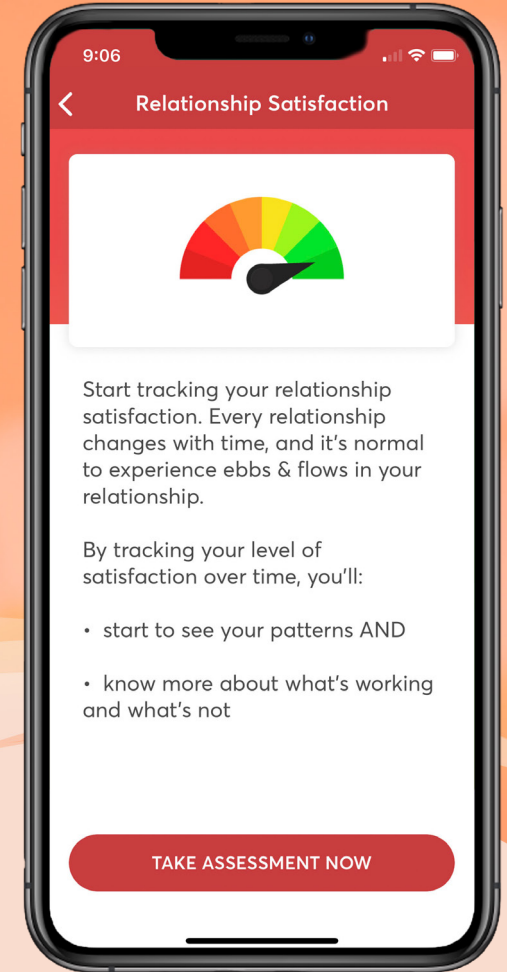
- Work alone and with your partner on relationship-building missions
- Use tools to help you address relationship challenges
- Take a love quiz and share what makes you feel loved with your partner

IMPROVE COMMUNICATION



- Increase positive communication by sending notes and questions to your partner
- Get suggestions for fun questions to ask to spark a conversation and connect

TRACK PROGRESS



- Set relationship goals and track your relationship satisfaction
- Review healthy and unhealthy behaviors
- Track progress toward becoming a stronger, healthier couple

FAQ

What is MST?

- **Military sexual trauma, or MST**, is sexual assault or sexual harassment that occurred during military service. People of all genders and backgrounds have experienced MST.

Who can use Beyond MST?

- Beyond MST was specially designed for **individuals who experienced MST**. However, it may be helpful for anyone who has had unwanted sexual experiences in or out of the military.

How private is my information?

- You do not have to enter any identifying information about yourself to use the app.
- VA mobile mental health apps are held to strict privacy standards, so no data that could identify you is sent to VA or third parties.
- Any information you choose to enter in the app, such as goals, symptoms, phone numbers, or images, stays on the app and cannot be accessed, stored, or shared by VA. You can also set a pin lock on the app for extra privacy.
- For more information, read the full privacy policy for mobile mental health apps: www.ptsd.va.gov/appvid/mobile/#privacy

Is Beyond MST only for people who are in treatment?

- Beyond MST can be helpful whether or not you are in treatment. It is not meant to replace professional treatment.
- Beyond MST can help you find hope, get support, and realize you are not alone.

For more information about MST, please visit:

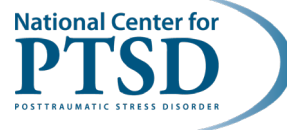
www.mentalhealth.va.gov/msthome.asp

For more information about Beyond MST, please visit:

www.ptsd.va.gov/appvid/mobile/beyondMST.asp

Do you have questions about Beyond MST? We would love to hear from you!

MobileMentalHealth@va.gov



VA



U.S. Department
of Veterans Affairs



BEYOND MST

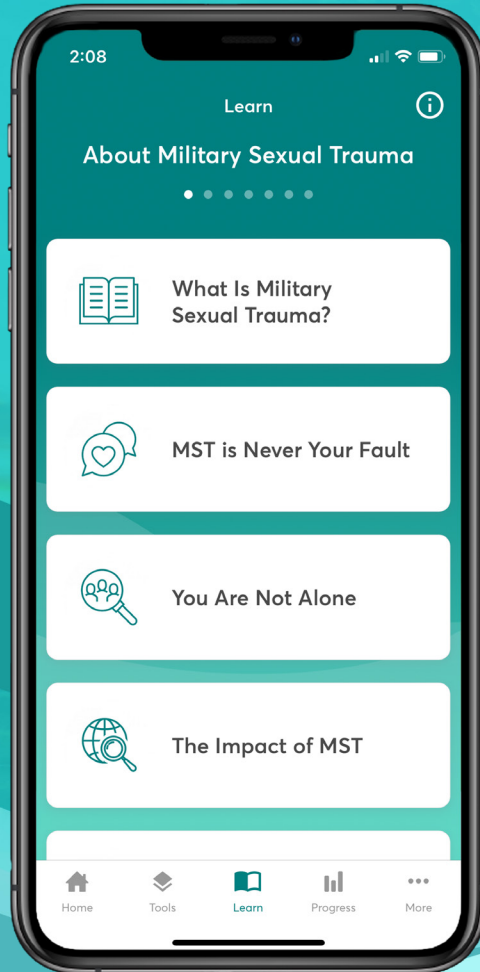
Beyond MST is a free and secure self-help mobile app created specifically to support the health and well-being of survivors of military sexual trauma (MST).

***You are not alone:
The Beyond MST app can help.***



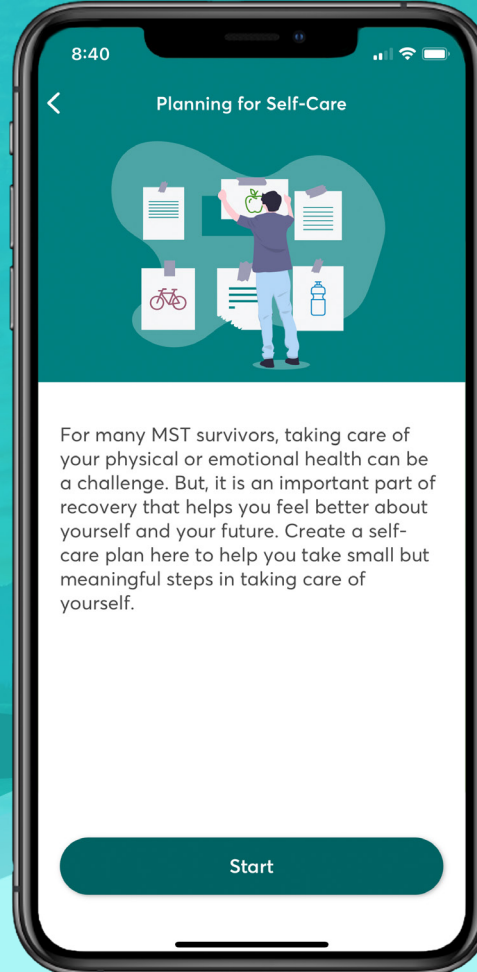
Available for mobile iOS devices (iPhone, iPod touch, and iPad) and Android phones and tablets.

LEARN



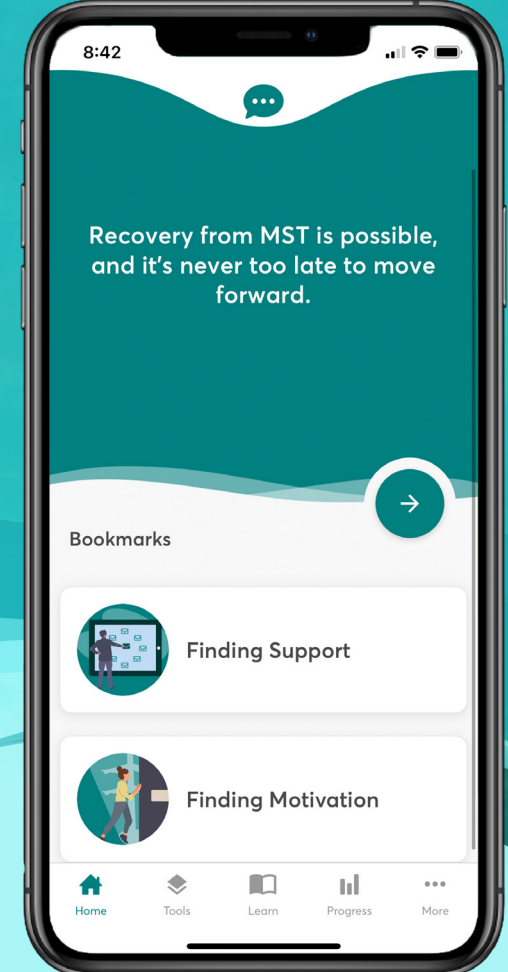
- Read about common concerns among MST survivors
- Learn about supports and how to get help in a crisis
- Find inspiration for your own recovery

PRACTICE SKILLS



- Use tools that teach skills for improving your life after MST
- Create plans to take care of yourself and manage painful thoughts and emotions
- Find hope to move forward and build the life you deserve

TRACK PROGRESS AND GOALS



- Track progress toward achieving your goals and improving your well-being
- Take brief assessments to understand your symptoms and how you think about the world
- Get helpful feedback and recommendations for new things to try

FAQ

Do I have to be in treatment to use COVID Coach?

No, COVID Coach can be used by people who are not in mental health treatment or actively seeking treatment. It contains tools that can help you cope with stress, stay healthy and stay connected. It can also help you navigate parenting, caregiving and working at home while social distancing or sheltering in place. If you do choose to work with a mental health professional, talk to them about how COVID Coach can be used to support your goals for treatment.

Where does my information go?

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www.ptsd.va.gov/appvid/mobile/#privacy

Can this app help me after the pandemic?

Yes, the COVID Coach app will continue to be available. The tools and resources within the app can help you cope with stress and manage challenges in situations outside of the current pandemic.

For more information about COVID Coach, please visit:
www.ptsd.va.gov/appvid/mobile/COVID_coach_app.asp

Do you have any questions or concerns about COVID Coach?
We would love to hear from you!

MobileMentalHealth@va.gov



COVID COACH

COVID Coach is a mobile app that helps you practice self-care and improve your overall mental health during the coronavirus (COVID-19) pandemic.

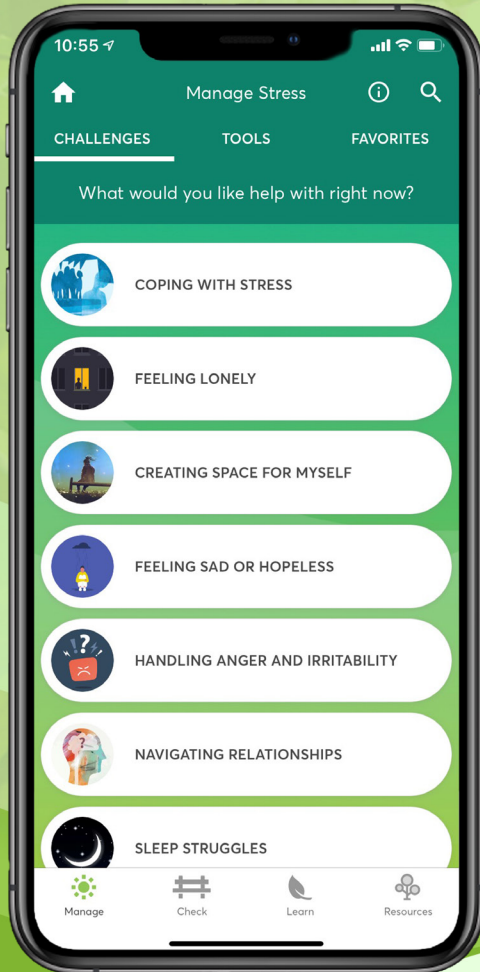
"I love this app. Helps me track goals for me and my family so that I can remain focused on the present."

- COVID Coach User



Available for mobile iOS devices (iPhone, iPod touch, and iPad) and Android phones and tablets.

MANAGE STRESS



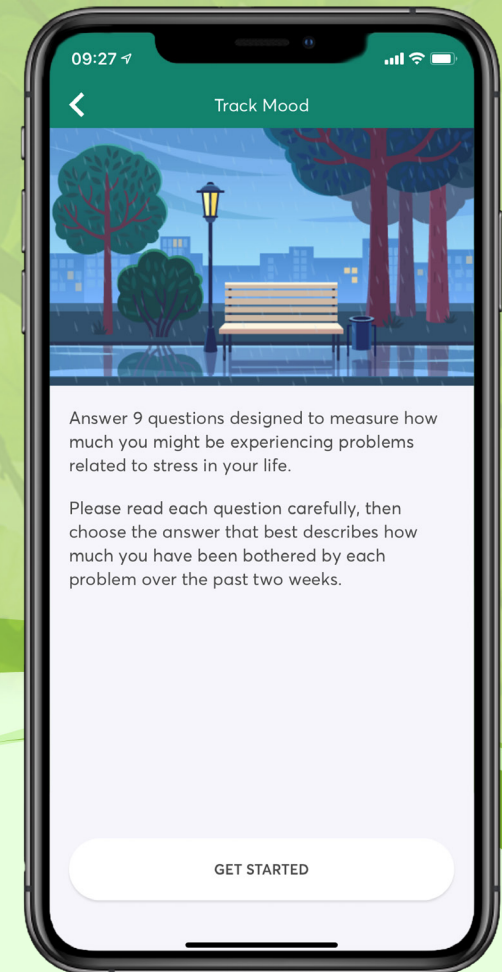
- Find tools to help you practice self-care
- Get tips and strategies for maintaining healthy relationships
- Explore activity ideas and resources for extra support
- Favorite tools for easy access

LEARN AND FIND RESOURCES



- Learn about staying safe and healthy during the pandemic
- Browse tips for coping and maintaining work-life balance
- Get connected with services and support networks to help meet your needs

CHECK YOUR MOOD



- Set personal goals for self-care
- Check in on your mood and well-being
- Visualize your progress over time