

# How to Download Mobile Apps

- 1 Open the App Store / Play Store where you can download a mobile app. The icon is pre-installed and can be found on the screen of your phone or in your apps list.

 iPhone / iPad



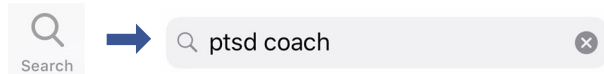
 Android



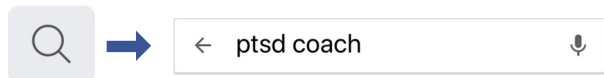
- 2 Once you launch the App Store / Play Store, select the search icon if you don't see the search bar. Next type "PTSD Coach" (or the name of the app you wish to download) into the search bar and then tap "Search" or search icon as needed. Once you find the app (scroll down if necessary), tap it to select it.

*Note: The correct app will have the US Department of Veterans Affairs listed as the creator, and it will be free. **All of our apps are free.***

 iPhone / iPad



 Android



- 3 Download the selected app by tapping on the "Get" or "Install" button.

 iPhone / iPad



 Android



- 4 If asked, enter your Apple or Google ID password or fingerprint.

- 5 If you remain on the same App Store screen, the "Get" or "Install" button will be replaced by an "Open" button after the download has completed. To access the app, tap this button and follow the on-screen instructions.

 iPhone / iPad

OPEN

 Android

OPEN

- 6 Once the app finishes downloading, it should automatically create an icon for itself on the home screen. You can tap this icon to open the app at any time without going to the App Store / Play Store again.
- 7 The first time you open the app, the Software End User License Agreement will appear. To move into the app, you need to read through this and tap the "I Accept" button at the bottom.

## License agreement

express consent. You also acknowledge that it is your sole responsibility to protect and otherwise secure any information captured and stored by the software once installed on your device.

 iPhone / iPad

I Accept

 Android

I Accept

- 8 You are ready to begin using the app.

These same instructions can be used to download any VA app.

To learn about more of our apps, please visit: <https://www.ptsd.va.gov>

Email our Mobile Apps Team with app-related questions, feedback, suggestions, or to report bugs: [MobileMentalHealth@va.gov](mailto:MobileMentalHealth@va.gov)



National Center for  
**PTSD**

POSTTRAUMATIC STRESS DISORDER