

VA Mobile develops technologies to expand care for Veterans beyond the traditional office visit. A series of secure apps use mobile technologies to help improve Veteran health care, expand access and increase communications between VA care teams and their patients. Some of the available apps include:

COVID Coach

This mobile app was created to support self-care and overall mental health during the coronavirus (COVID-19) pandemic. The app connects you to resources to help you cope with stress, stay healthy, stay connected, and navigate parenting, caregiving, and working at home while social distancing or sheltering in place. COVID Coach is not meant to replace professional care related to COVID-19 or mental health conditions. For more information, please check out the following website:

<https://mobile.va.gov/app/covid-coach>

Mood Coach

This app is designed to help you boost your mood through participation in positive activities. You can make a plan with positive activities and track your progress.

Moving Forward

Moving Forward provides on-the-go tools and teaches problem solving skills to overcome obstacles and deal with stress. It is especially helpful in managing challenges such as: balancing school and family life, financial difficulties, relationship problems, difficult career decisions, and coping with physical injuries.

Parenting2Go

Parents can find quick parenting advice; relaxation tools to use when frustrated or stressed; tools to improve their relationship with their children through positive communication; and strategies to switch gears between military life and home.

PTSD Coach

This app provides you with education about PTSD, information about professional care, a self-assessment for PTSD, opportunities to find support, and tools that can help you manage the stresses of daily life with PTSD.

VetChange

This is an app for Veterans and Service members who are concerned about their drinking and how it relates to posttraumatic stress after deployment, and for all people who are interested in developing healthier drinking behaviors.

To learn more about VA Mobile and/or download any of the available apps please visit:

<https://www.mobile.va.gov/appstore/veterans>

Additional telephone numbers that may be helpful:

VA San Diego

Alcohol and Drug Treatment Program: 858-642-3391

Enrollment: 858-552-7523

Mental Health: 858-642-3391

Military Sexual Trauma Treatment Coordinator: 858-642-1662

Patient Advocate: 858-552-4392

Pharmacy: 858-552-7450

Primary Care Call Center: 858-552-7475

24 Hour Telecare (24/7 Nurse Triage Line): 877-252-4866

Veterans Benefits Administration: 800-827-1000

National Call Center for Homeless Veterans: 877-424-3838

Veterans Crisis Line at 800-273-TALK (8255)

Veteran's Chat Line at <http://www.suicidepreventionlifeline.org>

Walk in Psychiatric Emergency Clinic, VA Medical Center La Jolla, 2-North, Monday - Friday 0800-1530

Walk in Emergency Department, VA Medical Center La Jolla, 1st floor, 24/7