

## COPING WITH STRESS AND ANXIETY

- [Sanvello](#): Clinically validated techniques for reducing stress and treating anxiety and depression (free premium access during COVID-19 pandemic).
- [Happify](#): Some free content, including stress reduction and cognitive techniques to address anxiety.
- [MindShift CBT](#): Free content, including cognitive behavioral therapy strategies to address general worry, social anxiety, and panic.
- [PTSD Coach](#): Created by VA's National Center for PTSD and the Department of Defense's National Center for Telehealth & Technology. This app provides you with education about post-traumatic Stress Disorder (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.
- [PTSD Family Coach](#): In conjunction with PTSD Coach, the PTSD Family Coach app is for family members of those living with PTSD. The app provides extensive information about PTSD, how to take care of yourself, how to take care of your relationship with your loved one or with children, and how to help your loved one get treatment.
- [Mothers and Babies Online Course](#): Available in both English and Spanish, this online course teaches skills to manage changes in how you feel. Designed for pregnant women, new mothers, and those who want to support them.
- [COVID Coach](#): Created for everyone, including veterans and service members, to support self-care and overall mental health during the coronavirus pandemic.