

Concussion Coach Mobile App

Available now on the App Store. Coming to Google Play in 2014.

Learn about:

- concussions, related symptoms, and treatment
- ways to improve concentration, thinking, and memory
- types of headaches, how to assess, and available treatments
- sleep and tools to help manage sleep problems
- symptoms of anxiety and PTSD and the relationships to concussions
- irritability and tips to help manage it

Select a coping tool, or begin by identifying a symptom and indicating your distress from 0 to 10. Based on your rating you will be offered a tool for crisis management or for your specific symptom.

Rate your distress again after using the tools and receive feedback.

Give a thumbs up or down to each tool, making it more or less likely to come up again.



Evaluate your symptoms with a self-assessment and receive interpretive feedback, including symptom severity and information about how your score compares to your last assessment.

View previous assessments on a line graph and schedule reminders to take it in the future.

Set goals to keep yourself motivated, track your symptoms and what has been effective in managing them in the Wellness Journal, make a plan to reduce isolation by selecting social activities and adding them to your calendar, and learn about smartphone features that may make it easier to keep up with daily activities and help with recovery.

Connects user with public and private resources to contact when support is needed, information to help user find professional care, and links for more extensive education.

Concussion Coach was a collaborative effort between the Department of Veterans Affairs Rehabilitation & Prosthetic Services, the Department of Veterans Affairs National Center for PTSD (NCPTSD), and the Department of Defense National Center for Telehealth and Technology (T2).