mHEALTH TOOLS

MOBILE APPS



BREATHE2RELAX Manage stress by learning and practicing deep-breathing exercises



CPT COACH Use with cognitive processing therapy (CPT) to reduce PTSD symptoms



LIFEARMOR Take self-assessments and learn more about topics like PTSD, anger, depression and more



MILD TBI POCKET GUIDE Access this handy reference when assessing and treating symptoms of mild TBI

Get support as a responder

when your job is to provide

psychological first aid (PFA)

PFA MOBILE





VA Mobil



THE BIG MOVING ADVENTURE Help prepare military

children emotionally for the stress of moving

PARENTING

veterantraining.va.gov/parenting Resources to strengthen your parenting skills



militarykidsconnect.dcoe.mi. Resources for military children and their parents



Feel

Electric

MOVING

ORWARD

ACT COACH

Add acceptance and commitment therapy (ACT) tips to daily life



Identify concussion symptoms and cope with related problems

FEEL ELECTRIC!

Help your grade-school children identify and express their feelings

MOVING FORWARD

Learn problem-solving techniques that help you make better decisions

PE COACH

Use with prolonged exposure (PE) therapy to improve results

PROVIDER RESILIENCE

Use when dealing with burnout and compassion fatique

T2 MOOD TRACKER

Monitor your emotional health by tracking your moods over time

VIRTUAL HOPE BOX

Helps reduce symptoms of depression with a digital version of hope box therapy

SESAMESTREET for **Military Families**

sesamestreetformilitaryfamilies.org Resources for families with young children



Developed by the National Center for Telehealth & Technology, a Defense Centers of Excellence for Psychological Health & Traumatic Brian Injury Center. Released: Aug 2016



Tactical Breather

TACTICAL BREATHER Learn to use breathing to control your response during times of stress

WEBSITES

afterdeployment

afterdeployment.dcoe.mil Resources for psychological health and personal growth

MOVING FORWARD

veterantraining.va.gov/movingforward Resources to improve your decision-making







POSITIVE ACTIVITY JACKPOT Find local activities to

CBT-i COACH

DREAM EZ

Use with cognitive behavioral

therapy for insomnia (CBT-i)

Based on imagery rehersal

therapy (IRT) can help

diffuse nightmares

MINDFULNESS COACH

mindfulness meditation to

Learn to practice

live in the present

to improve your sleep

improve your mood and avoid negative thinking

STAY QUIT COACH



smoking cessation treatment

or to prevent relapse

Get help either while in





/IRTUAL



