


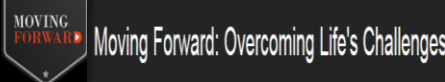







# mHEALTH TOOLS

## MOBILE APPS

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| <p> <b>BREATHE2RELAX</b><br/>Manage stress by learning and practicing deep-breathing exercises</p>              | <p> <b>CBT-i COACH</b><br/>Use with cognitive behavioral therapy for insomnia (CBT-i) to improve your sleep</p>   | <p> <b>ACT COACH</b><br/>Add acceptance and commitment therapy (ACT) tips to daily life</p>                       |
| <p> <b>CPT COACH</b> *iOS<br/>Use with cognitive processing therapy (CPT) to reduce PTSD symptoms</p>           | <p> <b>DREAM EZ</b><br/>Based on imagery rehearsal therapy (IRT) to help nightmares</p>                           | <p> <b>CONCUSSION COACH</b><br/>Identify concussion symptoms and cope with related problems</p>                   |
| <p> <b>LIFEARMOR</b><br/>Take self-assessments and learn about topics like PTSD, anger, depression and more</p> | <p> <b>MINDFULNESS COACH</b> *iOS<br/>Learn to practice mindfulness meditation to live in the present</p>         | <p> <b>FEEL ELECTRIC!</b><br/>Help your children identify and express their feelings</p>                          |
| <p> <b>MOVE COACH</b> *iOS<br/>Get help achieving your weight loss, diet and exercise goals</p>                 | <p> <b>PE COACH</b><br/>Use with prolonged exposure (PE) therapy to improve results</p>                           | <p> <b>MOOD COACH</b> *iOS<br/>Boost your mood through participation in positive activities</p>                   |
| <p> <b>PTSD FAMILY COACH</b><br/>Resources for families of those with PTSD</p>                                 | <p> <b>STAY QUIT COACH</b><br/>Help while in smoking cessation treatment or to prevent relapse</p>               | <p> <b>POSITIVE ACTIVITY JACKPOT</b> *A<br/>Find local activities to improve mood and avoid negative thinking</p> |
| <p> <b>TACTICAL BREATHER</b><br/>Learn to use breathing to control your response under stress</p>             | <p> <b>THE BIG MOVING ADVENTURE</b><br/>Help prepare military children emotionally for the stress of moving</p> | <p> <b>T2 MOOD TRACKER</b><br/>Monitor your emotional health by tracking your moods over time</p>                |
|   |  | <p> <b>VIRTUAL HOPE BOX</b><br/>Helps reduce depression symptoms with a digital version of hope box therapy</p> |

## WEBSITES

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| <p> <b>AIMS</b> ANGER &amp; IRRITABILITY MANAGEMENT SKILLS<br/>veterantraining.va.gov/aims/<br/>Learn tools to manage your anger</p>  | <p> Parenting for Service Members &amp; Veterans<br/>veterantraining.va.gov/parenting/<br/>Resources to strengthen your parenting skills<br/>*Also available as an app: Parenting2Go (iOS)</p> | <p> <b>afterdeployment</b><br/>Wellness resources for the military community.<br/>afterdeployment.dcoe.mil/<br/>Resources for psychological health and personal growth</p> |
| <p> <b>Moving Forward: Overcoming Life's Challenges</b><br/>veterantraining.va.gov/movingforward<br/>Resources to overcome stressful problems and meet your goals<br/>*Also available as an app (iOS)</p> | <p> <b>PTSD COACH ONLINE</b><br/>ptsd.va.gov/apps/ptsdcoachonline/<br/>Get support in managing PTSD symptoms<br/>*Also available as an app (iOS and Android)</p>                               | <p> <b>ABOUTFACE</b><br/>ptsd.va.gov/apps/AboutFace/<br/>Learn about PTSD from other Veterans</p>  |
| <p> <b>SESAME STREET for Military Families</b><br/>sesamestreetformilitaryfamilies.org/<br/>Resources for families with young children</p>  | <p> <b>VETCHANGE</b><br/>vetchange.org<br/>Resources to cut back or stop drinking<br/>*Also available as an app (iOS)</p>  | <p> <b>Vets Prevail</b><br/>vetsprevail.org/<br/>Earn rewards for behavior changes and get Veteran support<br/>*Also available as an app (iOS)</p>                         |