MOBILE APPS



BREATHE2RELAX

Manage stress by learning and practicing deep-breathing exercises



CBT-i COACH

Use with cognitive behavioral therapy for insomnia (CBT-i) to improve your sleep



ACT COACH

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

CONCUSSION COACH



CPT COACH *IOS

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



DREAM EZ

Based on imagery rehersal therapy (IRT) to help nightmares



symptoms and cope with related problems FEEL ELECTRIC!

Identify concussion



LIFEARMOR

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



MINDFULNESS. COACH

Learn to practice mindfulness meditation to live in the present



Help your children identify and express their feelings



MOVE COACH 'IOS

Get help achieving



PE COACH 2

Use with prolonged



MOOD COACH 'IOS

Boost your mood through participation in positive activities



your weight loss, diet and exercise goals



exposure (PE) therapy to improve results



POSITIVE ACTIVITY JACKPOT 'A

Find local activities to improve mood and avoid negative thinking



PTSD FAMILY COACH

Resources for families of those with PTSD



STAY QUIT COACH

Help while in smoking cessation treatment or to prevent relapse



T2 MOOD TRACKER

Monitor your emotional health by tracking your moods over time



TACTICAL BREATHER

Learn to use breathing to control your response under stress



THE BIG MOVING **ADVENTURE**

Help prepare military children emotionally for the stress of moving



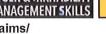
VIRTUAL HOPE BOX

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

WEBSITES



veterantraining.va.gov/aims/ Learn tools to manage your anger





Parenting for Service Members & Veterans

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

*Available as an app: Parenting2Go (iOS)



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





Moving Forward: Overcoming Life's Challenges

SELUTION for Military Families

sesamestreetformilitaryfamilies.org/

veterantraining.va.gov/movingforward Resources to overcome stressful problems and meet your goals *Available as an app (iOS)



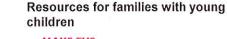
PTSD COACH ONLINE

ptsd.va.gov/apps/ptsdcoachonline/ Get support in managing PTSD symptoms

*Also available as an app (iOS and Android)



ptsd.va.gov/apps/AboutFace/ Learn about PTSD from other Veterans



MAKE THE CONNECTION

maketheconnection.net You are not alone. Information and resources for issues affecting your life



vetchange.org Resources to cut back or stop drinking *Available as an app (iOS)



Vets Prevail

FACETUOBA

vetsprevail.org/ Earn rewards for behavior changes and get Veteran support *Available as an app (iOS)







Trauma and PTSD



Children and parenting



Health and wellness