











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
	CPT COACH *IOS Use with cognitive processing therapy (CPT) to reduce PTSD symptoms		DREAM EZ Based on imagery rehearsal therapy (IRT) to help nightmares		CONCUSSION COACH Identify concussion symptoms and cope with related problems
	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		FEEL ELECTRIC! Help your children identify and express their feelings
	MOVE COACH *IOS Get help achieving your weight loss, diet and exercise goals		PE COACH 2 Use with prolonged exposure (PE) therapy to improve results		MOOD COACH *IOS Boost your mood through participation in positive activities
	PTSD FAMILY COACH Resources for families of those with PTSD		STAY QUIT COACH Help while in smoking cessation treatment or to prevent relapse		POSITIVE ACTIVITY JACKPOT *A Find local activities to improve mood and avoid negative thinking
	TACTICAL BREATH Learn to use breathing to control your response under stress		THE BIG MOVING ADVENTURE Help prepare military children emotionally for the stress of moving		T2 MOOD TRACKER Monitor your emotional health by tracking your moods over time
					VIRTUAL HOPE BOX Helps reduce depression symptoms with a digital version of hope box therapy

WEBSITES

	AIMS ANGER & IRRITABILITY MANAGEMENT SKILLS veterantraining.va.gov/aims/ Learn tools to manage your anger		Parenting for Service Members & Veterans veterantraining.va.gov/parenting/ Resources to strengthen your parenting skills *Available as an app: Parenting2Go (iOS)		afterdeployment Wellness resources for the military community. afterdeployment.dcoe.mil/ Resources for psychological health and personal growth
	MOVING FORWARD Moving Forward: Overcoming Life's Challenges 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)		ABOUTFACE ptsd.va.gov/apps/AboutFace/ Learn about PTSD from other Veterans
	SESAME STREET for Military Families sesamestreetformilitaryfamilies.org/ Resources for families with young children		VETCHANGE vetchange.org Resources to cut back or stop drinking *Available as an app (iOS)		Vets Prevail vetsprevail.org/ Earn rewards for behavior changes and get Veteran support *Available as an app (iOS)
	MAKE THE CONNECTION maketheconnection.net You are not alone. Information and resources for issues affecting your life				