

mHEALTH TOOLS

MOBILE APPS

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| <input type="checkbox"/> |  | BREATHE2RELAX
Manage stress by learning and practicing deep-breathing exercises | <input type="checkbox"/> |  | CBT-i COACH
Use with cognitive behavioral therapy for insomnia (CBT-i) to improve your sleep | <input type="checkbox"/> |  | ACT COACH
Add acceptance and commitment therapy (ACT) tips to daily life |
| <input type="checkbox"/> |  | CPT COACH
Use with cognitive processing therapy (CPT) to reduce PTSD symptoms | <input type="checkbox"/> |  | DREAM EZ
Based on imagery rehearsal therapy (IRT) can help diffuse nightmares | <input type="checkbox"/> |  | CONCUSSION COACH
Identify concussion symptoms and cope with related problems |
| <input type="checkbox"/> |  | LIFEARMOR
Take self-assessments and learn more about topics like PTSD, anger, depression and more | <input type="checkbox"/> |  | MINDFULNESS COACH
Learn to practice mindfulness meditation to live in the present | <input type="checkbox"/> |  | FEEL ELECTRIC!
Help your grade-school children identify and express their feelings |
| <input type="checkbox"/> |  | MILD TBI POCKET GUIDE
Access this handy reference when assessing and treating symptoms of mild TBI | <input type="checkbox"/> |  | PARENTING2GO
Strengthen your relationships with your children | <input type="checkbox"/> |  | MOVING FORWARD
Learn problem-solving techniques that help you make better decisions |
| <input type="checkbox"/> |  | PFA MOBILE
Get support as a responder when your job is to provide psychological first aid (PFA) | <input type="checkbox"/> |  | POSITIVE ACTIVITY JACKPOT
Find local activities to improve your mood and avoid negative thinking | <input type="checkbox"/> |  | PE COACH
Use with prolonged exposure (PE) therapy to improve results |
| <input type="checkbox"/> |  | PTSD COACH
Get support in managing PTSD symptoms | <input type="checkbox"/> |  | STAY QUIT COACH
Get help either while in smoking cessation treatment or to prevent relapse | <input type="checkbox"/> |  | PROVIDER RESILIENCE
Use when dealing with burnout and compassion fatigue |
| <input type="checkbox"/> |  | TACTICAL BREATHER
Learn to use breathing to control your response during times of stress | <input type="checkbox"/> |  | THE BIG MOVING ADVENTURE
Help prepare military children emotionally for the stress of moving | <input type="checkbox"/> |  | T2 MOOD TRACKER
Monitor your emotional health by tracking your moods over time |
| | | | | | | <input type="checkbox"/> |  | VIRTUAL HOPE BOX
Helps reduce symptoms of depression with a digital version of hope box therapy |

WEBSITES

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| <input type="checkbox"/> |  afterdeployment
afterdeployment.dcoe.mil
Resources for psychological health and personal growth | <input type="checkbox"/> | 
veterantraining.va.gov/parenting
Resources to strengthen your parenting skills | <input type="checkbox"/> |  for Military Families
sesamestreetformilitaryfamilies.org
Resources for families with young children |
| <input type="checkbox"/> | 
veterantraining.va.gov/movingforward
Resources to improve your decision-making | <input type="checkbox"/> | 
militarykidsconnect.dcoe.mi.
Resources for military children and their parents | |  
Developed by the National Center for Telehealth & Technology, a Defense Centers of Excellence for Psychological Health & Traumatic Brain Injury Center.
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