

# mHEALTH TOOLS

## MOBILE APPS

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

## WEBSITES

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|--------------------------|--|--------------------------|--|--------------------------|--|
| <input type="checkbox"/> |  <b>afterdeployment</b><br>afterdeployment.dcoe.mil<br>Resources for psychological health and personal growth | <input type="checkbox"/> | <br>veterantraining.va.gov/parenting<br>Resources to strengthen your parenting skills | <input type="checkbox"/> |  <b>for Military Families</b><br>sesamestreetformilitaryfamilies.org<br>Resources for families with young children  |
| <input type="checkbox"/> | <br>veterantraining.va.gov/movingforward<br>Resources to improve your decision-making                         | <input type="checkbox"/> | <br>militarykidsconnect.dcoe.mi.<br>Resources for military children and their parents |                          |  <br>Developed by the National Center for Telehealth & Technology, a Defense Centers of Excellence for Psychological Health & Traumatic Brain Injury Center.<br>Released: Aug 2016 |