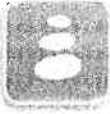






































## FREE MENTAL HEALTH SMARTPHONE APPS FOR VETERANS

## US DEPARTMENT OF VETERAN AFFAIRS &amp; DEPARTMENT OF DEFENSE, SMARTPHONE APPS

		The <b>Mindfulness Coach App</b> provides you with tools and guided exercises to help you practice mindfulness, which means paying purposeful attention to the present moment without passing judgment on it or your feelings. Mindfulness Coach can be used alone, but is not intended as a substitute for therapy (iPhone only).
	 	The <b>PTSD Coach App</b> helps you learn about and cope with the symptoms related to Posttraumatic Stress (PTS) that occur following trauma. PTSD Coach can be used alone, but is not intended as a substitute for mental health treatment.
	 	The <b>Virtual Hope Box (VHB)</b> contains simple tools to help patients with coping, relaxation, distraction, and positive thinking. Patients and providers can work together to personalize the VHB content on the patient's own smartphone according to the patient's specific needs.
	 	<b>Breathe2Relax</b> is a portable stress management tool. Breathe2Relax is a hands-on diaphragmatic breathing exercise. Breathing exercises have been documented to decrease the body's 'fight-or-flight' (stress) response, and help with mood stabilization, anger control, substance use urges, and anxiety management.
	  	<b>Tactical Breather App</b> can be used to gain control over physiological and psychological responses to stress. Through repetitive practice and training, anyone can learn to gain control of your heart rate, emotions, concentration, and other physiological and psychological responses to your body during stressful situations.
		<b>Moving Forward App</b> provides on-the-go tools and teaches problem solving skills to overcome obstacles and deal with stress. It is especially helpful in managing challenges such as: returning to civilian life, balancing school and family life, financial difficulties, relationship problems, difficult career decisions, and coping with physical injuries.
	  	<b>T2 Mood Tracker App:</b> The app records a range of emotions for anxiety, depression, head injury, stress, posttraumatic stress and a user's general well-being. Users can also create items to track their progress in unique areas. The saved results are displayed in an easy-understand graph. The data is saved in a graphical or spreadsheet file which can be transferred by e-mail or other wireless connection.

Resource list compiled by: Brittany Hartzell, Psy.D., Local Recovery Coordinator, Fayetteville VAMC

		<b>Life Armor:</b> Comprehensive learning and self-management tool to assist with common mental health concerns. Contains information on 17 topics, including sleep, depression, anger, relationship issues, substance use, and post-traumatic stress. Brief self-assessments help the user measure and track their symptoms, and tools are available to assist with managing specific problems.
		<b>The Concussion Coach App</b> provides you with resources to help you manage symptoms of concussion or mild to moderate traumatic brain injury. Concussion Coach can be used alone, but may be more helpful when used along with treatment from a provider.
		<b>Together Strong:</b> Interactive app that lets you practice what to say and do when a peer is struggling with adjustment to civilian life. Through interactive role-play and simulations, you'll become prepared to have a conversation that will motivate a friend to seek help, build resilience, and lead a positive life.
		<b>Parenting2Go App</b> helps Veterans and Service Members reconnect with their children and provides convenient tools to strengthen parenting skills. Parents can find quick parenting advice; relaxation tools to use when frustrated or stressed; tools for positive communication; and strategies to switch gears between military life and home.
		<b>Stay Quit Coach App</b> helps you "stay quit" after you stop smoking with tools to control cravings, reminder messages and support links. Stay Quit Coach is best used while in treatment with a therapist or after your treatment has ended.
		<b>MOVE! Coach Mobile (MCM)</b> is a weight loss app for Veterans, service members, their families who want to lose weight. This 19-week program can monitor, track, and receive feedback regarding progress with weight, diet, and exercise goals. This app also helps teach SMART goals and problem-solving skills to overcome barriers.
		<b>Positive Activity Jackpot (Android/Google play only):</b> Positive Activity Jackpot uses a professional behavioral health therapy called pleasant event scheduling (PES), which is used to overcome depression and build resilience. This app features technology to help users find nearby enjoyable activities and makes activity suggestions with local options and the ability to invite friends.
		<b>BioZen:</b> This app takes many of the large medical sensors in a clinic and puts them in the hands of anyone with a smart phone. Showing real-time data from multiple body sensors including electroencephalogram (EEG), electromyography (EMG), galvanic skin response (GSR), electrocardiogram (ECG or EKG), respiratory rate, and skin temperature to show users their meditative & attentive cognitive states.

---

**FREE ONLINE MENTAL HEALTH RESOURCES FOR VETERANS**


---



---

**FREE ONLINE SKILL-BASED CLASSES**


---



**Vets Prevail:** Provides individualized evidence-based (CBT) mental health interventions to individuals who otherwise may not be able or willing to engage with traditional avenues for care. It's interface is very interactive, almost reminiscent of a video game, and Veterans earn points for completing courses that they can trade in for gift cards.  
<https://www.vetsprevail.org/>



**PTSD Coach Online:** Tools for coping with sadness, anxiety, and other symptoms that people who have been through trauma can develop. Some tools are brief and can help you relax when you feel stressed, or improve your mood, for example. Longer tools teach you how to tackle difficult problems, change thinking patterns, and take steps to achieve your goals.  
<http://www.ptsd.va.gov/apps/ptsdcoachonline/default.htm>



**Moving Forward:** Online educational and life coaching program that teaches Problem Solving skills & Stress Management (8 classes) to help Veterans to better handle life's challenges. It is designed to be especially helpful for Veterans, Military Service Members and their families. <http://www.veterantraining.va.gov/apps/movingforward/index.html>



**Anger and Irritability Management Skills:** This online course is based on training that was developed specifically for Veterans and has been successfully used by Veterans and Service Members around the world. This course offers a wide range of practical skills and tools to manage your anger and develop self-control over your thoughts and actions.  
<http://www.veterantraining.va.gov/AIMS/>



**Afterdeployment.org:** Self-care solutions targeting post-traumatic stress, depression, anger, anxiety, stigma, mild TBI, sleep, health & wellness, MST, financial health, work adjustment, and other behavioral health challenges commonly faced after a deployment.  
<http://afterdeployment.t2.health.mil/>



**Together Strong:** Interactive web course that lets you practice what to say and do when a peer is struggling with adjustment to civilian life. Through interactive role-play and simulations, you'll become prepared to have a conversation that will motivate a friend to seek help, build resilience, and lead a positive life. <https://jointogetherstrong.com/>



**Veteran Parenting:** Online course featuring key tools to support your parenting. This parenting strategies learning program is targeted to Service Member and Veteran parents. You will find guidance to help you reconnect with your children after a deployment and beyond. <http://www.veterantraining.va.gov/apps/veteranparenting/index.html>



**Veterans Crisis Line:** Connects Veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders. Veterans and their loved ones can call 1-800-273-8255 and Press 1. [www.veteranscrisisline.net](http://www.veteranscrisisline.net)



**VA LifeGuard** is a site that gives Veterans and their family members an opportunity to experience/learn five skills that help them respond to their thoughts, feelings, and memories that occur on a daily basis. <http://www.nirecc.va.gov/apps/activities/lifeguard/>

## FREE ONLINE MENTAL HEALTH RESOURCES FOR VETERANS

### FREE ONLINE EDUCATIONAL / INFORMATION SITES



**Make the Connection:** A national, public awareness campaign that features candid, personal testimonials from Veterans and their loved ones. This website gives information on everything from transitioning out of the military, homelessness, depression, anxiety, feeling on edge, chronic pain, drugs/alcohol problems, and countless other topics.

<http://maketheconnection.net/>



**AboutFace** is a website where Veterans can learn about PTSD, explore treatment options and, most importantly, hear real stories from other Veterans and their family members and get advice from clinicians who have treated thousands of cases of PTSD.

<http://www.ptsd.va.gov/apps/AboutFace/info/about-us.html>



**Real Warriors** is a multimedia public awareness campaign designed to encourage help-seeking behavior among service members, veterans and military families coping with invisible wounds. You may have concerns about navigating the health care system, understanding your benefits and accessing the care you need. Real Warriors provides resources to help you with administrative discharge, reevaluation, combat stress signs and symptoms and up-to-date treatment options. <http://realwarriors.net/>



**V.E.T.S.** : serves America's veterans and separating service members by preparing them for meaningful careers, providing employment resources and expertise, and protecting their employment rights. <http://www.dol.gov/vets/>

**Veterans Employment Toolkit:** <http://www.va.gov/vetsinworkplace/>

**Hire Our Heroes:** <https://www.hireheroesusa.org/>



**eBenefits** is a portal; a central location for Veterans, Service Members, and their families to research, find, access, and, in time, manage their benefits and personal information. You can also access the National Resource Directory (NRD). The NRD contains information from federal, state and local government agencies; Veteran and military service organizations; non-profit and community-based organizations; academic institutions and professional associations that provide assistance to wounded warriors and their families.

<https://www.ebenefits.va.gov/ebenefits-portal/ebenefits.portal>



**My HealthVet** is VA's online personal health record. It was designed for Veterans, active duty Service members, their dependents and caregivers. My HealthVet helps you partner with your health care team. It provides you opportunities and tools to make informed decisions and manage your health care. With a premium account with blue button, you can send secured messages to providers, request medication refills, view medical notes, and much more! <https://www.myhealth.va.gov/index.html>



**Launchpad:** The VA Mobile Launchpad houses all Apps for Veterans that connect to VA's Electronic Health Record (EHR) and access your personal VA health information. VA developed this tool to group VA's Mobile Apps and websites that require a secure logon to access your EHR. By signing into the VA Mobile Launchpad once with a DS Logon Level 2 (Premium) Account, you can access multiple resources without logging in to each App or website individually. You can also access the Apps or websites separately.

<https://veteran.mobilehealth.va.gov/launchpad/>

**VA Mindfulness Podcasts**

**Mindful Meditation Podcasts:** Each audio file ranges from 5 - 15 minutes. Instructions are included in the LINK below. **Podcasts/Meditations include:** (1) Introduction to Meditation, (2) Grounding Meditation, (3) Mindfulness of Breathing Meditation, (4) Mindfulness of Sounds Meditation, (5) Compassionate Breathing Meditation, (6) Loving Kindness Meditation, (7) Body Scan Meditation, (8) Body Scan with Loving Kindness Phrases.

<http://www.va.gov/PATIENTCENTEREDCARE/Podcasts.asp>