**mHEALTH TOOLS**

**MOBILE APPS**

- **BREATHE2RELAX**
  Manage stress by learning and practicing deep-breathing exercises

- **CBT-i COACH**
  Use with cognitive behavioral therapy (CBT) to improve your sleep

- **CONCUSSION COACH**
  Identify concussion symptoms and cope with related problems

- **DREAM EZ**
  Based on imagery rehearsal therapy (IRT) can help diffuse nightmares

- **FEEL ELECTRIC!**
  Help your grade-school children identify and express their feelings

- **MILD TBI POCKET GUIDE**
  Access this handy reference when assessing and treating symptoms of mild TBI

- **MINDFULNESS COACH**
  Learn to practice mindfulness meditation to live in the present

- **MOVING FORWARD**
  Learn problem-solving techniques that help you make better decisions

- **MPT 2 GO**
  Strengthen your relationships with your children

- **PARENTING2GO**
  Find local activities to improve your mood and avoid negative thinking

- **PE COACH**
  Use with prolonged exposure (PE) therapy to improve results

- **PTSD COACH**
  Get support in managing PTSD symptoms

- **PROVIDER RESILIENCE**
  Use when dealing with burnout and compassion fatigue

- **STAY QUIT COACH**
  Get help either while in smoking cessation treatment or to prevent relapse

- **TA BR**
  Learn to use breathing to control your response during times of stress

- **TACTICAL BREATHER**
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- **VIRT HOPE BOX**
  Helps reduce symptoms of depression with a digital version of hope box therapy

**WEBSITES**

- [afterdeployment.dcoe.mil](http://afterdeployment.dcoe.mil)
  Resources for psychological health and personal growth

- [veterantraining.va.gov/movingforward](http://veterantraining.va.gov/movingforward)
  Resources to improve your decision-making

- [veterantraining.va.gov/parenting](http://veterantraining.va.gov/parenting)
  Resources to strengthen your parenting skills

- [sesamestreetformilitaryfamilies.org](http://sesamestreetformilitaryfamilies.org)
  Resources for families with young children

- [militarykidsconnect.dcoe.mi](http://militarykidsconnect.dcoe.mi)
  Resources for military children and their parents

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