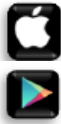


FREE MENTAL HEALTH SMARTPHONE APPS FOR VETERANS

US DEPARTMENT OF VETERAN AFFAIRS or DoD SMARTPHONE APPS



The Virtual Hope Box (VHB) contains tools to help patients with coping, relaxation, distraction, and positive thinking. VHB allows users to create customized coping resources to include photos, videos and recorded messages from loved ones, music they find especially soothing, reminders of previous successes, etc. Tools include guided imagery, controlled breathing, muscle relaxation, coping cards, or distraction games such as sudoku or word searches.



The Mindfulness Coach App 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.



Breathe2Relax 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, and anxiety management.



Tactical Breather App 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.



Anger and Irritability Management Skills (AIMS) is designed for Veterans or anyone coping with anger problems. The AIMS app is based on the Anger and Irritability Management Skills online self-help course. The app provides users with the ability to create an anger management plan, anger tracking, and tools to help manage angry reactions. Users can also create custom tools based on their preferences, and can integrate their own contacts, photos, and music.



The PTSD Coach App helps you learn about and cope with the symptoms related to Posttraumatic Stress (PTS) that occur following trauma. This app provides you with education about PTSD and tools that can help you manage the stresses of daily life with PTSD. Tools range from relaxation skills and positive self-talk to anger management and other common self-help strategies. You can customize tools based on your preferences and can integrate your own contacts, photos, and music.



PTSD Family Coach is for family members of those living with posttraumatic stress disorder (PTSD). The app provides extensive information about PTSD, how to take care of yourself, how to take care of your relationship with your loved one or with children, and how to help your loved one get treatment. PTSD Family Coach includes tools to help you manage this stress, including mindfulness exercises, tools to help you re-build your social networks, and tools to help with difficult thoughts and emotions.



Mood Coach is an app for Veterans, Service members, and others to learn and practice Behavioral Activation. This app is designed to help you boost your mood through participation in positive activities. You can make a plan with positive activities and track your progress. Mood Coach can be used on its own by those who would like mood management tools, or to augment face-to-face care with a healthcare professional.

FREE MENTAL HEALTH SMARTPHONE APPS FOR VETERANS



Positive Activity Jackpot: 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.



T2 Mood Tracker App: 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.



Life Armor: 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.



Moving Forward App 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.



Parenting2Go App 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.



Dream EZ app: Are recurring nightmares keeping you from enjoying the benefits of a restful night's sleep? Take back your night and improve your mental health with Dream EZ, the app that helps you sleep better. Designed to be used along with imagery rehearsal therapy, the Dream EZ app helps military members, veterans and other users "rescript" their nightmares so they become less intense and less frequent.



VetChange is an app for Veterans and Service members who are concerned about their drinking and how it relates to posttraumatic stress after deployment, and for all people who are interested in developing healthier drinking behaviors. This app provides tools for cutting down or quitting drinking, tools for managing stress symptoms, education about alcohol use and how it relates to PTSD symptoms, and guidance to find professional treatment. You can use VetChange alone or in combination with counseling.

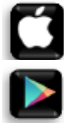


Together Strong: Interactive app that lets you practice what to say and do when a peer is struggling with adjustment to civilian life. Through interactive role-play and simulations, you'll become prepared to have a conversation that will motivate a friend to seek help, build resilience, and lead a positive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

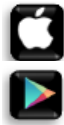


Stay Quit Coach App helps you "stay quit" after you stop smoking with tools to control cravings, reminder messages and support links. Stay Quit Coach is best used while in treatment with a therapist or after your treatment has ended.

FREE MENTAL HEALTH SMARTPHONE APPS FOR VETERANS

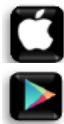


MOVE! Coach Mobile (MCM) is a weight loss app for Veterans, service members, their families who want to lose weight. This 19-week program can monitor, track, and receive feedback regarding progress with weight, diet, and exercise goals. This app also helps teach SMART goals and problem-solving skills to overcome barriers.



The Concussion Coach App provides you with resources to help you manage symptoms of concussion or mild to moderate traumatic brain injury. This app provides you with information about concussion, a self-assessment instrument for symptoms and their severity, and tools to help you build resilience and manage symptoms. You can customize tools based on your preferences and can integrate your own contacts, photos, and music. Concussion Coach can be used alone or along with treatment from a provider.

US DEPARTMENT OF VETERAN AFFAIRS SMARTPHONE APPS, FOR USE WITH THERAPY



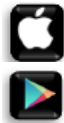
The ACT Coach App helps you work with a mental health professional during Acceptance and Commitment Therapy (ACT). ACT aims to help you live with unpleasant thoughts and feelings without avoiding them or being controlled by them. ACT Coach is not a self-help tool and should only be used while in therapy with a provider.



The CBT-i Coach App helps you get the most out of Cognitive Behavioral Therapy for Insomnia (CBT-i) so that you can develop good sleep habits and sleep better. CBT-i Coach is best used while in therapy with a provider.



The CPT Coach App helps you work with your therapist during Cognitive Processing Therapy (CPT). CPT is used to reduce symptoms of Posttraumatic Stress Disorder (PTSD) by helping you work through your thoughts and feelings about your trauma, and decrease avoidance of difficult memories. The App helps you track your progress, appointments and PTSD symptoms. CPT Coach is not a self-help tool and should be used while in therapy.



The PE Coach 2 App helps you work with a mental health professional during Prolonged Exposure (PE) therapy. The app will guide you through the exercises assigned by your therapist and allows you to track and record your progress, and provides techniques such as controlled breathing that will help you tolerate and decrease your distress. You will be able to audio record your sessions directly onto your phone so you can review them later as part of your treatment. PE Coach is not a self-help tool and should only be used while in therapy.



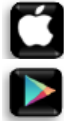
STAIR Coach is designed to supplement in-person psychotherapy using Skills Training in Affective & Interpersonal Regulation (STAIR). It also may be useful to people experiencing symptoms of trauma. STAIR is an evidence-based psychotherapy that uses cognitive and behavioral techniques to help with managing emotions and relationships.

NON-VA, FREE (not endorsed by VA), MENTAL HEALTH SMARTPHONE APPS



MindShift is an 100% free app designed by the Canada Anxiety Association to help people cope with anxiety, panic, worry, perfectionism, social anxiety, and phobias. MindShift uses scientifically proven strategies based on Cognitive Behavioral Therapy (CBT) to help you learn to relax and be mindful, develop more effective ways of thinking, and active coping.

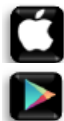
FREE MENTAL HEALTH SMARTPHONE APPS FOR VETERANS



eMoods is a mood tracking app designed specifically for people with bipolar disorder. Throughout the day, users can track depressive and psychotic symptoms, elevated mood, and irritability and give an indication of the severity of their symptoms; “Pro” Version available



What's up is a free app that uses Cognitive Behavioral Therapy (CBT) and Acceptance Commitment Therapy (ACT) methods to help you cope with Depression, Anxiety, Stress, and more. Check out the “help right now” page for a number of proven skills to get through difficult moments including grounding, breathing, mindfulness, and catastrophe scales. The app also has daily diaries, habit trackers, and various coping strategies to challenging thinking and manage worries.



MoodTools aims to support people with clinical depression by aiding the path to recovery. Discover meditation videos that can improve your mood, log and analyze your thoughts using Cognitive Behavioral Therapy (CBT) principles, develop a suicide safety plan and more with this free app (Pro version also avail).



The **MY3** app is a free safety net of communication and safety planning for individuals who are feeling suicidal. No matter what your circumstance, there is help and people do care for you. Just add your 3 primary contacts to the app so they are with you at all times in case you need help. The safety plan included in MY3 was adapted from content developed by B. Stanley & G. Brown (2008) and the Department of Veterans Affairs.



CBT Thought Record Diary: The centerpiece of cognitive-behavioral therapy is changing your emotions by identifying negative and distorted thinking patterns. You can use this app to document negative emotions, analyze flaws in your thinking, and reevaluate your thoughts. This is a great app for gradually changing your approach to anxiety-inducing situations and your thinking patterns for future situations.



Stop, Breathe & Think is a meditation and mindfulness app that helps you find peace anywhere. It allows you to check in with your emotions, and recommends short guided meditations, yoga and acupuncture videos, tuned to how you feel. There is a free version, with the options for additional add-ins for more features and meditations (in English or Spanish).



Gottman Card Decks from the Gottman Institute’s research-based approach to relationships. This free app offers helpful questions, statements, and ideas for improving your relationship. Choose Love Maps to get to know your partner better, tools to improve healthy communications, opportunity for great date-night ideas, or explore the Salsa decks to add some spice to your intimate life.

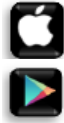


Quit That! is a completely free app that helps users beat their habits or addictions. Whether you’re looking to stop drinking alcohol, quit smoking, or stop taking drugs, it’s the perfect recovery tool to track and monitor your progress. Track as many vices as you want and find out how many minutes, hours, days, weeks, or years it’s been since you quit.



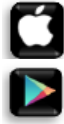
OpiRescue provides information and a 5-step process for how to respond to an opioid overdose event. The guidelines that OpiRescue offers have been developed by the US Substance Abuse and Mental Health Services Administration (SAMHSA).

FREE MENTAL HEALTH SMARTPHONE APPS FOR VETERANS



FlexDek MAT aims to reduce opioid-related relapses with its reward and accountability system. FlexDek is a suite of information and tools to help people recovering from opiate addiction through Medication Assisted Treatment including links to groups and rewards for regularly checking in to the app. Winner of SAMHSA Recovery App Challenge.

US DEPARTMENT OF VETERAN AFFAIRS APPS, MEDICAL



VA Video Connect (VVC) connects Veterans with their health care team from anywhere, using encryption to ensure a secure and private session. The VVC app allows Veterans to participate in video appointments with their medical and mental health providers as well as engage using built-in chat feature during sessions. VA Telehealth is typically based out of your nearest VA Medical Center. An active email account is required; ahead of a VA Video Connect appointment, you will receive an email with a link to launch the session.



The VA Launchpad organizes VA apps and capabilities to help you more easily find the tools VA has made available for you. 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. Links to new apps automatically appear in the VA Launchpad when they become available, making it simpler to find the resources needed to interact with VA. With VA Launchpad, you can access apps that allow you to: Manage your health care; Communicate with my care team; Share my vital health information with my care team; and Improve my mental health.



The Veteran **Rx Refill** mobile application (app) allows Veterans to request refills of their refillable VA-issued prescriptions, track VA prescription deliveries, view VA prescription history from the convenience of their mobile device.

New phone resources are routinely becoming available for our Veteran and Active Duty Service Members. You may wish to check the following websites for additional resources:

- The Department of Veteran Affairs App Store: <https://mobile.va.gov/appstore/all>
- Web-based resources for insomnia, anger, parenting, etc. available at: <https://www.veterantraining.va.gov/>
- For an overview VA Mental Health Services, visit: <https://www.mentalhealth.va.gov/mentalhealth/about/index.asp>
- Please contact the **Veterans Crisis Line** for help 24/7 at: 1-800-273-8255, press 1 or text for help at: 838255