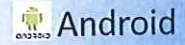
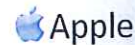


VA Apps for Mobile Devices



Helpful wellness tools to use on the go!

Managing Mood



T2 Mood Tracker

Record & graph a range of emotions, stress, head injury & posttraumatic stress.



PTSD Coach

Learn & cope with symptoms of stress after a trauma.



LifeArmor

Skills for mental health concerns: Sleep, relationships, emotions, substance use & PTSD.

Managing Life & Stress



Virtual Hope Box

Tools for coping, relaxation, distraction & positive thinking.



Positive Activity Jackpot

Schedule positive activities to help cope with stressors and build resilience.



Moving Forward

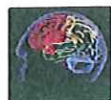
Overcome obstacles & stress: civilian life, relationships, finances, & life balance.

Physical Wellness



Concussion Coach

Manage symptoms of concussions/mild TBI.



mTBI

Info resource for Traumatic Brain Injury



MOVE!

Weight loss help: Set goals, monitor progress & overcome barriers.



Stay Quit

Resources to help stop smoking.

Online Resources



VA Launchpad for Veterans

veteran.mobilehealth.va.gov/launchpad/



VA Trainings

veterantraining.va.gov

Mobile Blue Button

VA Link

Veteran's Health Library

Ask a Pharmacist

Summary of Care

eBenefits

My HealthEVet

Anger Management

Parenting

PTSD Coach Online



Preconception Care

Health resources for women of reproductive age.



Caring4Women Vets

Information for the unique health issues of women vets.

Breathing & Meditation



Tactical Breather

Gain control over stress, targeting heart-rate, emotions & concentration.



Mindfulness Coach

Tools & Guided exercises to help you practice mindfulness.



Breathe 2 Relax

A portable stress management tool by learning relaxation breathing techniques.

Family & Relationships



Parenting 2 Go

Strengthen parenting skills: advice, communication & civilian transition.



PTSD Family Coach

Skills for family members of those living with PTSD.



Together Strong

Skills to help fellow veterans



Text4Baby @ www.text4baby.org/

Texting service for health and safety information for new parents



Smokefree Vet-Texting service

Text VET to 47848
or www.smokefree.gov/VET

Telephone smoking Quitline:

1-855-QUIT-VET

Women's Health