DoD and VA Mobile Apps

**BREATHE2RELAX**
Manage stress and anxiety with deep-breathing exercises.
- Stabilize your moods and control your anger.
- Interrupt your body's fight-or-flight instinct and activate its relaxation response.

**TACTICAL BREATHER**
Learn breathing techniques to control heart rate, emotions and concentration.
- Maintain focus during stressful situations.
- Play interactive games and perform helpful exercises.

**VIRTUAL HOPE BOX**
Collect and store meaningful items that give you comfort and hope.
- Download supportive photos, videos, messages, quotes and music.
- Create coping cards for stressful times.
- Distract yourself with games and exercises.

**T2 MOOD TRACKER**
Monitor your emotional health and see how it affects your life.
- Track your moods and behaviors over time.
- Use a graph to help identify trends and triggers.

**PARENTING2GO**
Strengthen family relationships.
- Improve your parenting skills.
- Reconnect with your family.
- Get support for dealing with stress.

**THE BIG MOVING ADVENTURE**
Prepare your young child for a move.
- Help them create a Muppet® friend to share their feelings about moving.
- Teach them how to say goodbye to people, places and things.
- Explore the new home together and encourage them to meet new friends.

**BREATHE, THINK, DO WITH SESAME**
Teach your child to problem-solve.
- Help a cute monster calm down and deal with emotions.
- Discover new ways to figure out daily challenges.

**SESAME STREET FOR MILITARY FAMILIES**
Explore military life with your preschool child along with the Muppet® characters.
- Help them understand and talk about their feelings.
- Teach them about military life events like relocating, deploying and coming home.
- Watch videos and download activities together.
**LIFEARMOR**

Discover 16 psychological health issues common in the military.

- Find out more about topics like PTSD, anger and depression.
- Take self-assessments.
- Learn healthy coping skills.

**MINDFULNESS COACH**

Learn nine different forms of mindfulness meditation.

- Steer your mind away from distressing thoughts.
- Use to help deal with anxiety, stress and chronic pain.
- Track your progress and set reminders.

**PTSD FAMILY COACH**

Helps family members understand what their loved one with PTSD is experiencing.

- Take a self-assessment.
- Learn how to manage stress and the effects of trauma.
- Find resources to better support a loved one.

**PTSD COACH**

Identify and understand PTSD symptoms.

- Take a self-assessment.
- Learn about the effects of trauma.
- Develop coping strategies.
- Find resources for support.

**CONCUSSION COACH**

Identify and manage concussion symptoms.

- Take a self-assessment.
- Use exercises and coping tools.
- Find resources for support.

**STAY QUIT COACH**

Get support for quitting smoking and preventing relapse.

- Create a customized plan and track your results.
- Access tools to cope with triggers.
- Learn to manage relapses.

**VETCHANGE**

Manage your drinking habits and PTSD symptoms.

- Set goals and create your own self-management plan.
- Track how much you drink and chart your progress.
- Learn tools to manage urges to drink.

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* Developed by Defense Health Agency Connected Health with Sesame Workshop.
** Developed by Defense Health Agency Connected Health with the Department of Veterans Affairs’ National Center for PTSD.
*** Developed by the National Center for PTSD.


For more information please visit: [http://t2health.dcoe.mil](http://t2health.dcoe.mil)