

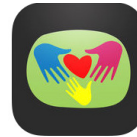


### BREATHE2RELAX



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.



### PARENTING2GO



Strengthen family relationships.

- Improve your parenting skills.
- Reconnect with your family.
- Get support for dealing with stress.



### TACTICAL BREATHER



Learn breathing techniques to control heart rate, emotions and concentration.

- Maintain focus during stressful situations.
- Play interactive games and perform helpful exercises.



### 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.



### 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.



### 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.



### 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.



### 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.

# DoD and VA Mobile Apps

## Support for Service Members and Their Families



### 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.



### PTSD COACH\*\*

Identify and understand PTSD symptoms.

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



### 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.



### CONCUSSION COACH\*\*

Identify and manage concussion symptoms.

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



### PTSD FAMILY COACH\*\*

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

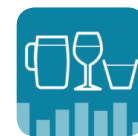
- Take a self-assessment.
- Learn how to manage stress and the effects of trauma.
- Find resources to better support a loved one.



### 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.

- \* 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.

 : Available on iOS.  : Available on Android.