

FREE MENTAL HEALTH SMARTPHONE APPS FOR VETERANS

US DEPARTMENT OF VETERAN AFFAIRS, SMARTPHONE APPS



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.



The PTSD Coach App helps you learn about and cope with the symptoms related to Posttraumatic Stress (PTS) that occur following trauma. PTSD Coach can be used alone, but is not intended as a substitute for mental health treatment.



The Virtual Hope Box (VHB) contains simple tools to help patients with coping, relaxation, distraction, and positive thinking. Patients and providers can work together to personalize the VHB content on the patient's own smartphone according to the patient's specific needs.



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.



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.



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.



The Concussion Coach App provides you with resources to help you manage symptoms of concussion or mild to moderate traumatic brain injury. Concussion Coach can be used alone, but may be more helpful when used along with treatment from a provider.



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.



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.



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.



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.

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 only be used while in therapy with a provider.



The PE Coach App helps you work with a mental health professional during Prolonged Exposure (PE) therapy. PE therapy is used to reduce symptoms of Posttraumatic Stress Disorder (PTSD) by helping you decrease distress about your trauma by engaging with reminders of the experience (triggers). The App helps you track your progress, appointments and PTSD symptoms. PE Coach is not a self-help tool and should only be used while in therapy with a provider.

ANDROID-ONLY APPS



Positive Activity Jackpot (Android/Google play only): 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.



BioZen: This app takes many of the large medical sensors in a clinic and puts them in the hands of anyone with a smart phone. BioZen shows real-time data from multiple body sensors including electroencephalogram (EEG), electromyography (EMG), galvanic skin response (GSR), electrocardiogram (ECG or EKG), respiratory rate, and skin temperature. It also displays Delta, Theta, Alpha, Beta, and Gamma brain waves and can combine the brain waves to show users their meditative and attentive cognitive states.

NON-VA, FREE, MENTAL HEALTH SMARTPHONE APPS



MindShift is an app designed to help people cope with anxiety. Rather than trying to avoid anxiety, you can make an important shift and face it. MindShift will help you learn how to relax, develop more helpful ways of thinking, and identify active steps that will help you take charge of your anxiety.



Relax with Andrew Johnson Lite teaches relaxation techniques, which have helped with ME, pain control, insomnia, posttraumatic stress disorder and many other stress symptoms. It provides a great guided meditation session for relaxation, helpful with anxiety and stress as well as a sleep aid.



OneHealth Mobile App allows users to join health communities, connecting with peer support to achieve better health and wellbeing. Support communities exist for a wide range of chronic behavioral and medical conditions, including addiction, tobacco cessation, depression, stress reduction, pain, PTSD, sexual trauma, diabetes, obesity, respiratory conditions, and caregiver/family support.



The Depression and Bipolar Support Alliance (DBSA) Wellness Tracker allows you to keep track of your emotional, mental, and physical health. The tracker reports give you an at-a-glance summary of your health trends. This can help you better recognize potential health problems and mood triggers in your daily life, as well as help you better partner with your clinician on treatment plans.

FREE ONLINE MENTAL HEALTH RESOURCES FOR VETERANS

FREE ONLINE SKILL-BASED CLASSES



Vets Prevail: Provides individualized evidence-based (CBT) mental health interventions to individuals who otherwise may not be able or willing to engage with traditional avenues for care. It's interface is very interactive, almost reminiscent of a video game, and Veterans earn points for completing courses that they can trade in for gift cards. <https://www.vetsprevail.org/>



PTSD Coach Online: Tools for coping with sadness, anxiety, and other symptoms that people who have been through trauma can develop. Some tools are brief and can help you relax when you feel stressed, or improve your mood, for example. Longer tools teach you how to tackle difficult problems, change thinking patterns, and take steps to achieve your goals. <http://www.ptsd.va.gov/apps/ptsdcoachonline/default.htm>



Moving Forward: Online educational and life coaching program that teaches Problem Solving skills (8 classes) to help Veterans to better handle life's challenges. It is designed to be especially helpful for Veterans, Military Service Members and their families. <http://www.veterantraining.va.gov/apps/movingforward/index.html>



Anger and Irritability Management Skills: This online course is based on training that was developed specifically for Veterans and has been successfully used by Veterans and Service Members around the world. This course offers a wide range of practical skills and tools to manage your anger and develop self-control over your thoughts and actions. <http://www.veterantraining.va.gov/AIMS/>



Afterdeployment.org: Self-care solutions targeting post-traumatic stress, depression, anger, anxiety, stigma, mild TBI, sleep, health & wellness, MST, financial health, work adjustment, and other behavioral health challenges commonly faced after a deployment. <http://afterdeployment.t2.health.mil/>



Together Strong: Interactive web course 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. <https://jointogetherstrong.com/>



Veteran Parenting: Online course featuring key tools to support your parenting. This parenting strategies learning program is targeted to Service Member and Veteran parents. You will find guidance to help you reconnect with your children after a deployment and beyond. <http://www.veterantraining.va.gov/apps/veteranparenting/index.html>



Veterans Crisis Line: Connects Veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders. Veterans and their loved ones can call 1-800-273-8255 and Press 1. www.veteranscrisisline.net

FREE ONLINE EDUCATIONAL / INFORMATION SITES



Make the Connection: A national, public awareness campaign that features candid, personal testimonials from Veterans and their loved ones. This website gives information on everything from transitioning out of the military, homelessness, depression, anxiety, feeling on edge, chronic pain, drugs/alcohol problems, and countless other topics. www.maketheconnection.net

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ABOUTFACE

AboutFace is a website where Veterans can learn about PTSD, explore treatment options and, most importantly, hear real stories from other Veterans and their family members and get advice from clinicians who have treated thousands of cases of PTSD. <http://www.ptsd.va.gov/apps/AboutFace/info/about-us.html>



V.E.T.S. : serves America's veterans and separating service members by preparing them for meaningful careers, providing employment resources and expertise, and protecting their employment rights. <http://www.dol.gov/vets/>

Veterans Employment Toolkit: <http://www.va.gov/vetsinworkplace/>

Hire Our Heroes: <https://www.hireheroesusa.org/>
