**BREATHE2RELAX**
Manage stress by learning and practicing deep-breathing exercises

**CPT COACH**
Use with cognitive processing therapy (CPT) to reduce PTSD symptoms

**LIFEARMOR**
Take self-assessments and learn more about topics like PTSD, anger, depression and more

**MILD TBI POCKET GUIDE**
Access this handy reference when assessing and treating symptoms of mild TBI

**PFA MOBILE**
Get support as a responder when your job is to provide psychological first aid (PFA)

**PTSD COACH**
Get support in managing PTSD symptoms

**TACTICAL BREATHER**
Learn to use breathing to control your response during times of stress

**CBT-i COACH**
Use with cognitive behavioral therapy for insomnia (CBT-i) to improve your sleep

**DREAM EZ**
Based on imagery rehearsal therapy (IRT) can help diffuse nightmares

**MINDFULNESS COACH**
Learn to practice mindfulness meditation to live in the present

**PARENTING2GO**
Strengthen your relationships with your children

**PE COACH**
Use with prolonged exposure (PE) therapy to improve results

**PROVIDER RESILIENCE**
Use when dealing with burnout and compassion fatigue

**T2 MOOD TRACKER**
Monitor your emotional health by tracking your moods over time

**VIRTUAL HOPE BOX**
Help reduce symptoms of depression with a digital version of hope box therapy

**WEBSITES**

- afterdeployment.dcoe.mil Resources for psychological health and personal growth
- veterantraining.va.gov/movingforward Resources to improve your decision-making
- veterantraining.va.gov/parenting Resources to strengthen your parenting skills
- militarykidsconnect.dcoe.mi. Resources for military children and their parents
- sesamestreetformilitaryfamilies.org Resources for families with young children

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