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.

**Life Armor**
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**

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 & safety information for new parents

Physical Wellness

**Concussion Coach**
Manage symptoms of concussions/mild TBI.

**mTBI**
Info resource for Traumatic Brain Injury

**Stay Quit**
Resources to help stop smoking.

Online Resources

**VA Launchpad for Veterans**
Mobile Blue Button
Veteran's Health Library
Summary of Care
My HealthEVet

**VA Link**
Ask a Pharmacist
eBenefits

**Anger Management**
Parenting
PTSD Coach Online

**VA Trainings**
Veterantraining.va.gov

Women's Health

**Preconception Care**
Health resources for women of reproductive age.

**Caring4Women Vets**
Information for the unique health issues of women vets.