



# PRESCRIPTION FOR BEHAVIORAL HEALTH

## Mobile Resources

Date \_\_\_\_\_

- |                          |   |                          |   |                          |  |
|--------------------------|---|--------------------------|---|--------------------------|--|
| <input type="checkbox"/> |  ACT Coach*        | <input type="checkbox"/> |  LifeArmor                 | <input type="checkbox"/> |  PTSD Coach*              |
| <input type="checkbox"/> |  Breathe2Relax     | <input type="checkbox"/> |  Mindfulness Coach*        | <input type="checkbox"/> |  Stay Quit Coach*         |
| <input type="checkbox"/> |  CBT-i Coach*      | <input type="checkbox"/> |  Moving Forward*           | <input type="checkbox"/> |  T2 Mood Tracker          |
| <input type="checkbox"/> |  Concussion Coach* | <input type="checkbox"/> |  Parenting2Go*             | <input type="checkbox"/> |  Tactical Breather        |
| <input type="checkbox"/> |  CPT Coach*        | <input type="checkbox"/> |  PE Coach*                 | <input type="checkbox"/> |  The Big Moving Adventure |
| <input type="checkbox"/> |  Dream EZ          | <input type="checkbox"/> |  Positive Activity Jackpot | <input type="checkbox"/> |  Virtual Hope Box         |

COMMENTS



Download free apps available from the National Center for Telehealth & Technology.

[t2health.dcoe.mil/products/mobile-apps](http://t2health.dcoe.mil/products/mobile-apps)

*\*These apps were developed in partnership with the U.S. Department of Veterans Affairs.*



Released January 2017 | This product developed by the National Center for Telehealth & Technology is reviewed annually and is current until superseded. Visit [t2health.dcoe.mil](http://t2health.dcoe.mil) for more information.

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## Web Resources

Date \_\_\_\_\_



### AfterDeployment

[afterdeployment.dcoe.mil](http://afterdeployment.dcoe.mil)

*Wellness resources for the military community addressing 20 behavioral health topics with anonymous self-assessments, tips and facts, videos, and more.*



Post-Traumatic Stress



Depression



Relationships



Anxiety



Anger



Alcohol & Drugs



Sleep

Other \_\_\_\_\_



### Military Kids Connect®

[militarykidsconnect.dcoe.mil](http://militarykidsconnect.dcoe.mil)

*An online community where military youth can de-stress and connect with their peers.*



### Sesame Street for Military Families

[sesamestreetformilitaryfamilies.org](http://sesamestreetformilitaryfamilies.org)

*Support for military families from Sesame Workshop on deployments, moving, and more.*

COMMENTS

Developed by the National Center for Telehealth & Technology, a component center of the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury.

