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

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

sesamestreetformilitaryfamilies.org
Resources for families with young children

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