



DOD 16-16



Protect Your Health

This mobile app helps you manage all aspects of your mental health.

LifeArmor's touch-screen technology allows users to:

- Browse information on 17 topic areas.
- Explore the causes, characteristics and potential solutions to emotional, relationship and other issues.
- Measure and track your symptoms with self-assessments.
- Find info and guidance on techniques to help you manage issues.

For more information and to find out about other T2 mobile apps, visit t2health.dcoe.mil



**DEFENSE CENTERS
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For Psychological Health
& Traumatic Brain Injury



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