There's An App For…Improving Your Emotional Health!

Description: Lower your stress and reduce your anxiety with Breathe2Relax. Initially designed for the military community but beneficial for use by anyone, the relaxation app trains you on the "belly breathing" technique that has proven benefits for your overall mental health. Use the app's breathing exercises to learn and practice the breathing technique on your own or as part of a stress management program supervised by your health care provider.

The VH provides help with emotional regulation and coping with stress via personalized supportive audio, video, pictures, games, mindfulness exercises, positive messages and activity planning, inspirational quotes, coping statements, and other tools.
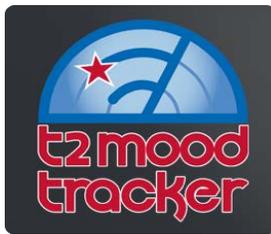
T2 Mood Tracker is a mobile application that allows users to monitor and track emotional health. The app records a range of emotions for anxiety, depression, head injury, stress, posttraumatic stress and a user's general well-being. Users can also create items to track their progress in unique areas. The saved results are displayed in an easy-understand graph. The data is saved in a graphical or spreadsheet file which can be transferred by e-mail or other wireless connection.

The Moving Forward mobile app and the companion online course features problem-solving therapy (PST) tools designed to teach skills for overcoming life problems. The primary features of the mobile app are problem-solving tools the user can use repeatedly over time. The Moving Forward mobile app has five components: 1) Brief psychoeducational content about the role of stress and problem-solving attitude and approaches. 2) Assessments of problem-solving style and stress level, along with a stress tracker where users can see their scores over time. 3) Seven tools to help users take the time to examine their thinking process and improve emotional regulation in the face of specific problems. 4) A problem-solving worksheet walks users through the steps to solve problems of the user's choosing in a thoughtful and systematic way. 5) Access to a user's personal contacts and other resources to support their problem-solving efforts.