

## REACH OUT

These apps are not substitutes for working with a trained health care professional. While self-monitoring can be beneficial, it is important to seek care when you need it, and to keep your provider informed of your health status.

**TALK** to a trained health resource consultant 24/7 for free to get connected to care. Call 866-966-1020 or log on to [realwarriors.net/livechat](http://realwarriors.net/livechat)

**ENGAGE** with the Real Warriors Campaign community on social media:  
[facebook.com/realwarriors](https://facebook.com/realwarriors)  
[twitter.com/realwarriors](https://twitter.com/realwarriors)

**CALL** the Military Crisis Line if you or someone you know is in a crisis at 800-273-8255, press 1 or chat [militarycrisisline.net/chat](http://militarycrisisline.net/chat)

Order additional copies:  
[realwarriors.net/materials](http://realwarriors.net/materials)



# 5 APPS

## FOR STAYING MISSION READY



REAL WARRIORS ★ REAL BATTLES  
**REAL STRENGTH**

## Psychological Health Tools in Your Pocket

Try these mobile applications to help you stay mission ready anytime, anywhere. Using apps to self-monitor can be beneficial especially when they are used with your provider's help. These apps are not substitutes for working with a trained health care professional. It is important to seek care when you need it, and to keep your provider informed of your health status.

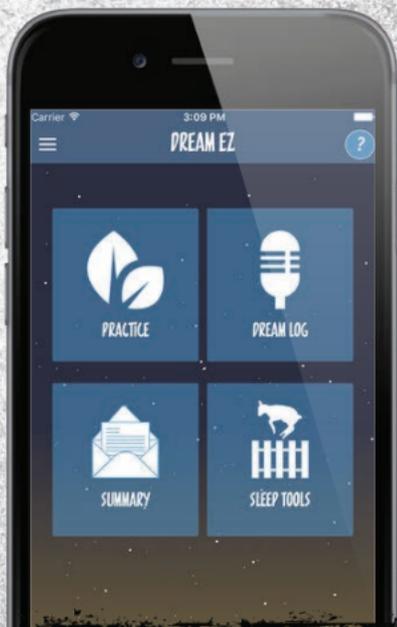
Available for free on the App Store and Google Play.

## BREATHE2RELAX



Breathe2Relax teaches diaphragmatic breathing exercises, including combat tactical breathing, to relieve stress and improve your mood.

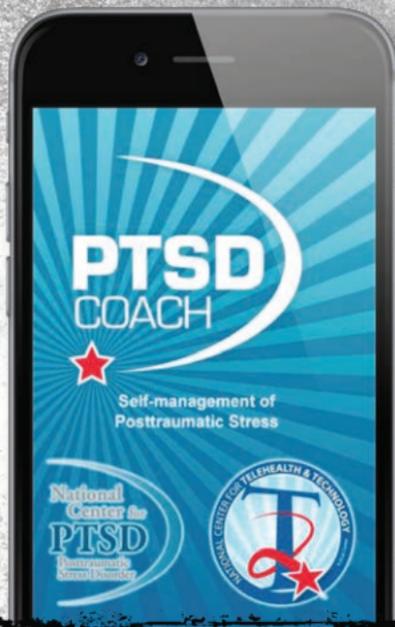
## DREAM EZ



Dream EZ helps change nightmares into less disturbing dreams by using sleep tools such as muscle relaxation, breathing exercises and more.



## PTSD COACH



PTSD Coach connects users to tools to help manage daily life with PTSD, like finding support or taking a self-assessment.



## T2 MOOD TRACKER



T2 Mood Tracker acts as a virtual journal. Track your mood, set daily reminders and add notes for events like starting a new treatment.



## VIRTUAL HOPE BOX



Virtual Hope Box offers coping tools in times of distress. Store positive content like photos, relax with music and distract yourself with games.

