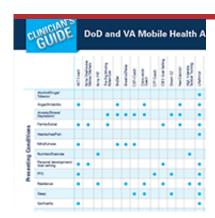


Welcome to the second issue of Mobile Health in Practice! This quarterly newsletter — from Defense Health Agency (DHA) Connected Health — is designed to familiarize providers like you with our online behavioral-health resources and mobile apps, and to help you incorporate them into your patients' treatment.



Mobile Health Tips

Choosing Apps by Symptom

Our guide to mobile apps created by the Departments of Defense (DoD) and Veterans Affairs (VA) identifies which apps are best for specific issues such as anxiety, PTSD, insomnia and substance misuse.

Download Today!



Featured App

Anger and Irritability Management Skills (AIMS)

VA's AIMS app allows your patients to create an anger management plan, track outbursts and access tools to help them control their reactions. AIMS can be combined with the <u>Anger and Irritability Management Skills</u> online self-help course.

Download Today!





Christina Armstrong, Ph.D.

"I get a lot of questions from providers about what to expect from one of our mobile-health training workshops," says Christina Armstrong, Ph.D., the Education and Training program lead at DHA Connected Health. "My answer? A lot of interaction and role-playing!"

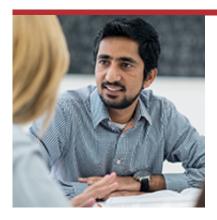
Read More



Connect and Learn on LinkedIn

Health-care providers who treat members of the military community can share resources, product previews and best practices in the private Defense Health Agency Connected Health LinkedIn Group - Psychological Health for the Military Community.

Join Now



Attend a Free Training Workshop

Our seven-credit continuing-education workshops, free for military providers, offer instruction on the best ways to integrate mobile health into clinical care and how to handle security, privacy, ethical and cultural issues. Join us for an upcoming workshop:

Jan. 26, 2018 – Fort Meade, Maryland Feb. 26, 2018 – Camp Lejeune, North Carolina

Feb. 27, 2018 - Camp Lejeune, North Carolina

Sign Up Today





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