Emotional Regulation Apps

- **Breathe2Relax** is a stress management tool with breathing exercises that can help with mood stabilization, anger control, and anxiety management.
- **PTSD Coach** is for veterans and service members who have, or may have, post-traumatic stress disorder (PTSD). It includes education about PTSD, help finding support, and tools that can help manage the stresses of daily life with PTSD.
- **Virtual Hope Box** (VHB) contains simple tools to help patients with coping, relaxation, distraction, and positive thinking. Patients and providers can work together to personalize the VHB for each individual.

Sleep Apps

- **Relax Melodies** provides white noise sounds, music melodies and customizable mixes that can help with sleep.
- **White Noise** features ambient sounds from various environments that can help with relaxation and sleep.
- **Calm** is designed to help with meditation, sleep and relaxation.

Cognitive Functioning Apps

- **Luminosity** has brain exercises for memory, attention, speed, flexibility, and problem solving. Personalized training can be designed in this app, including “courses” with TBI- and/or PTSD-specific content.
- **Med Coach** helps track medication and vitamin schedules and sends reminder messages to the user’s phone.
- **EverNote** helps organize information across all of a person’s devices. It can be used to take notes, capture photos, create to-do lists, record voice reminders, and make notes completely searchable.
- **Cozi Family Organizer** includes a shared calendar, shopping lists, to do lists, and a family journal. It is designed for families to stay up to date with each other’s schedules and activities.

Communication Apps

- **Dragon Dictation** is a voice recognition app that allows users to speak and instantly see their words on the screen. It can be used to send short text messages, longer email messages, and to update Facebook and Twitter statuses.
- **Functional Planning System** (iOS only) provides a visual approach to daily planning, and can be used to plan out the user’s entire day. Step-by-step videos prompt the user to complete each step of every scheduled activity.
- **Tactus Therapy 4 in 1 App for Aphasia** (iOS only) helps people of all ages with fundamental language skills, and combines two receptive and two expressive aphasia apps.
- **NeuroHero for Aphasia** (Android) provides rehabilitation and education for those living with speech and language difficulties that may accompany stroke, brain injury, dementia, aphasia, autism and a range of other conditions.

Apps for Professionals

- **Provider Resilience** is for health care providers who treat military personnel. It offers tools for frontline providers to stay productive and emotionally healthy as they help military personnel and their families.
- **mTBI (Mild Traumatic Brain Injury) Pocket Guide** gives health providers instant access to a comprehensive quick-reference guide on improving care for mTBI patients.
- **CDC HEADS UP Concussion and Helmet Safety App** can help providers learn how to spot a possible concussion and what to do if someone thinks a child or teen has a concussion or other serious brain injury. It also includes a 3D helmet fit feature that teaches about proper helmet fit, safety and care.

Questions? Call the CDD Information Network at 1-800-552-8195 or 505-272-8549
www.cdd.unm.edu/infonet