

To find and download these Apps, visit an App Store.

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.



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.

Questions? Call the CDD Information Network at

1-800-552-8195 or 505-272-8549

<https://goto.unm.edu/x8gmt>