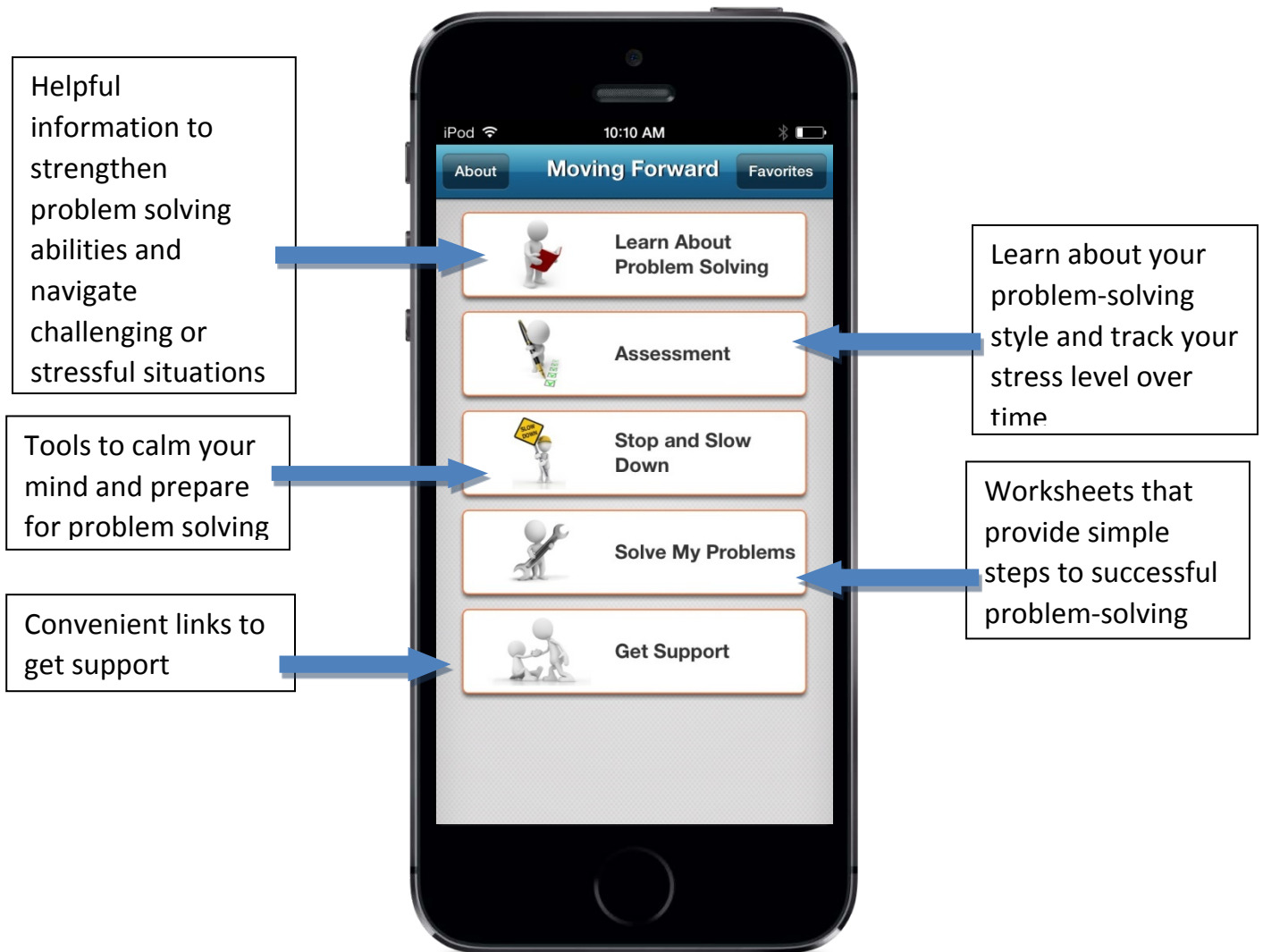


Moving Forward Mobile App

This FREE, evidence-based app is available now on iTunes.

Moving Forward provides on-the-go tools and education for effective problem-solving and stress reduction. The app is designed for Veterans and Service Members, but it is useful for anyone with stressful problems. It is especially useful for individuals having difficulties with issues such as: returning to civilian life, balancing school and family life, financial difficulties, relationship problems, difficult career decisions, and coping with physical injuries. It may be used alone or in combination with the Moving Forward online course (www.VeteranTraining.va.gov/MovingForward).



Moving Forward is a collaborative effort between Department of Veterans Affairs (VA) Mental Health Services and Department of Defense (DoD) National Center for Telehealth and Technology (T2). Partner organizations include VA's National Center for PTSD, VA's National Center for Health Promotion and Disease Prevention, VA's VISN 3 Mental Illness Research, Education, and Clinical Center, VA's Northwest Mental Illness Research, Education, and Clinical Center, and DoD's Center for Deployment Psychology (CDP). The online course is based on [Moving Forward: A Problem-Solving Approach to Achieving Life's Goals](#) by Drs. Arthur and Christine Nezu.