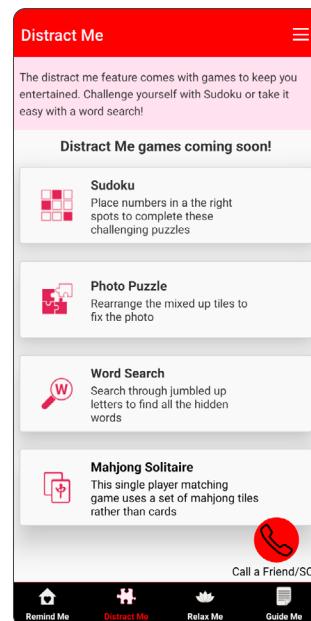
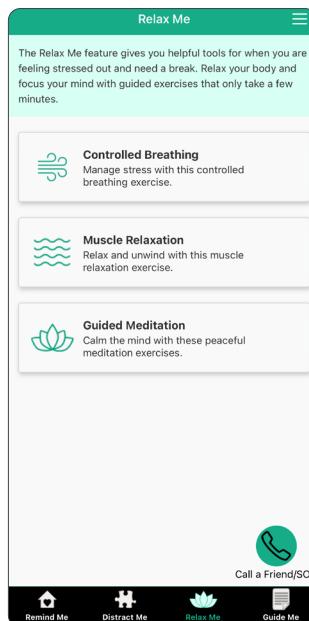


Virtual Hope Box FACT SHEET

The Virtual Hope Box is a smartphone application designed for patients and their behavioral health providers to use as an accessory to treatment. VHB contains tools to help patients cope with stress, improve positive thinking, and access relaxation or distraction strategies.

Recognized by the Department of Defense as an innovative use of technology, VHB offers customizable behavioral health support to service members and other beneficiaries. Using the patient's own smartphone, providers can work with them to personalize content. Patients can also change or update content at their convenience.

This app is managed by the **Solution Delivery Division Web & Mobile Technology Program Management Office**. It uses supportive audio, video and pictures, mindfulness exercises, positive messages and activity planning, inspirational quotes, and other features to help with emotional regulation and stress management.



Key Features

- Color-coded activity cards help users easily navigate options
- "Call a Friend" card with emergency service phone numbers and personal contact list

Key Benefits

- Offers customization and personalization according to patient needs
- Provides access to behavioral health tools outside of clinical settings



To view more DHA mobile applications, visit <https://mobile.health.mil>