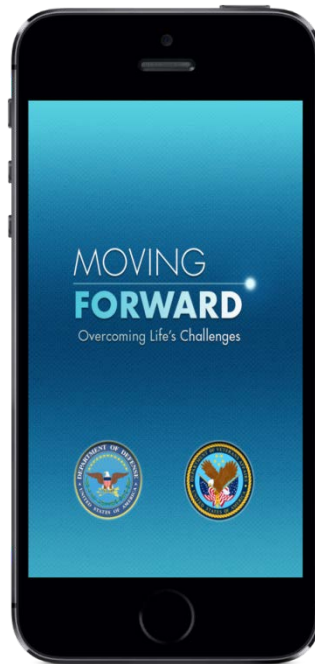


# Moving Forward Mobile App

Moving Forward is a smartphone application designed to provide practical information and interactive tools for effective problem-solving and stress reduction. With Moving Forward, users are able to recognize their problem solving style and stress levels and learn how to become better problem solvers. The app is based on a cognitive behavioral therapy program successfully used by Veterans around the country. Veterans have given the program high marks, noting that it helped them feel more confident about their future, more able to cope with stress, and more optimistic about handling difficult problems. Although it is designed for Veterans and Service Members, Moving Forward is useful for anyone with stressful problems.



Moving Forward can help individuals facing challenges such as difficulties with balancing school and family life, finances, relationships, physical injuries, or adjustment to civilian life. The app provides education and tools to increase optimism, reduce stress, and develop a strategic approach to overcoming obstacles. The app may be used alone or in combination with the Moving Forward online course ([www.startmovingforward.org](http://www.startmovingforward.org)).

The features of Moving Forward include:

- Practical information about effective problem solving and stress management
- Assessments to learn about problem solving styles and stress level, with ability to track stress level over time
- Tools to reduce stress immediately or to calm you mind and body in preparation for problem solving
- Problem-solving worksheets with step-by-step guidance to tackle difficult challenges
- Quick access to variety of supports, including personal contacts and professional resources

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.

# Moving Forward Features

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

Users can learn about Problem-Solving Training and topics such as:

- The role of stress
- Problem-solving attitudes
- Possibility of change

7 guided exercises to help users stop and slow down and prepare themselves for problem solving, including:

- Simplification
- Deep breathing
- Visualization



Quick access to preferred stress reduction tools

Users can:

- Identify strengths & weakness of problem solving style
- Assess stress level
- Track stress level and monitor progress over time

Guided problem-solving worksheets to:

- Identify a problem
- Set goals
- Brainstorm
- Create a plan
- Evaluate the outcome

Users have access to 3 different types of support:

- Personal contacts
- Links to crisis hotlines and professional mental health services
- Other resources, such as a link to the Moving Forward web-based course: [www.startmovingforward.org](http://www.startmovingforward.org)