

## Mobile Applications



### [Mood Coach](#)

Mood Coach is an app for Veterans, Service members, and others to learn and practice Behavioral Activation. This app is designed to help you boost your mood through participation in positive activities. You can make a plan with positive activities and track your progress.



### [Moving Forward](#)

Features problem-solving therapy (PST) tools designed to teach skills for overcoming life problems. PST is an evidence-based cognitive behavioral tool for depression and other distress.



### [Virtual Hope Box](#)

The Virtual Hope Box (VHB) is a smartphone application designed for use by patients and their behavioral health providers as an accessory to treatment. The VHB contains simple tools to help with coping, relaxation, distraction, and positive thinking.

## Resources

- Federal Occupational Health Employee Assistance Program  
800-457-9808  
<http://www.foh4you.com/>
- TRICARE East  
800-444-5445  
<https://www.tricare-west.com/>
- TRICARE West  
844-866-9378  
<https://www.tricare-east.com/>
- Psychological Health Resource Center  
866-966-1020
- Corps Cares Manager  
240-276-9616
- National Suicide Prevention Hotline  
800-273-8255

### [HSPAC Grief and Loss Support Guide](#)

[Operation Corps Strong Initiative](#)

[Bereavement Initiative](#)

#### [B.I. Workgroup Leadership](#)

Co-Chair: CAPT Josefine Haynes-Battle, MSN, BSN, RN  
Co-Chair: CDR William Bolduc, LCSW, BCD

## HSPAC Grief and Loss Support Guide

### Operation Corps Strong Initiative

### Bereavement Initiative



## Grief

---

Grief is the normal and natural response to loss, a universal human experience. There is no limit on grief. Grieving is not a weakness, it's a necessity.

## Stages of Grief

---

The stages may not occur in order, and the stages can last for months or years after a loss.

- Denial

Shock, avoidance, confusion, fear, numbness, blame

- Anger

Frustration, anxiety, irritation, embarrassment, shame

- Bargaining

Reaching out to others, desire to tell one's story, struggle to find meaning for what has happened

- Depression

Detachment, blahs, lack of energy, helplessness

- Acceptance

Exploring options, a new plan

## Examples of Grief

---

- Loss of a spouse, partner, child, friend or pet
- Serious illness of self or loved one
- Separation, divorce or loss of a relationship
- Loss of a job

## Coping with Grief

---

- Seek support from family, friends, or coworkers and share feelings
- Attend grief support groups or engage in individual therapy to process feelings of grief and bereavement
- Engage in other forms of self-care which can include practicing yoga, mindfulness, journaling, or engaging in creative outlets

## Warning Signs

---

- Extreme avoidant behavior
- Lack of self-care
- Prolonged denial
- Self-destructive thoughts
- Displaced anger

## How to Help

---

- Don't try to find the magic words or formula to stop the pain—be present and available
- Don't try to minimize or make the person feel better—listen and support
- Help with responsibilities
- Don't expect the person to reach out to you or tell you what they need
- Talk through decisions—be a sounding board for your friend
- Don't be afraid to say the name of the deceased
- Remember that time does not heal all wounds—be patient
- Remind the bereaved to take care of themselves
- Avoid judging—let them know you support them
- Share a meal
- Make a list of the bereaved's responsibilities and find help if there are many
- Make a personal commitment to help the bereaved through this, one day at a time.

\*DISCLAIMER: the information listed in this brochure is not exhaustive, but merely a listing of common experiences .