VIRTUAL HOPE BOX

VIDEOS, PICS AND GAMES TO COPE WITH STRESS
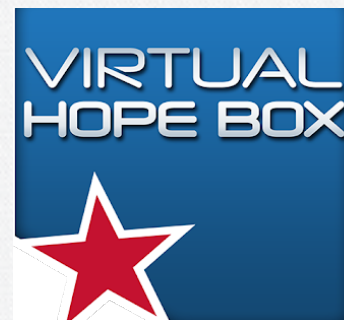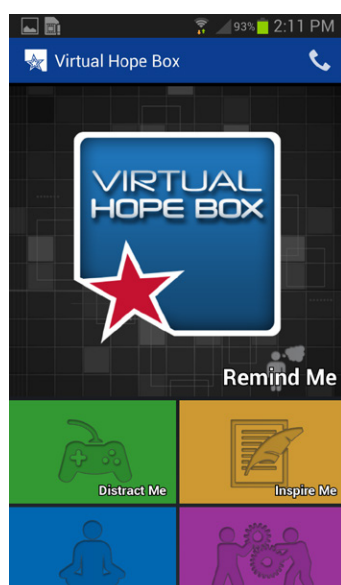

The Virtual Hope Box is a smartphone application designed for patients and their behavioral health providers as an accessory to treatment. The VHB contains simple tools to help patients with coping, relaxation, distraction and positive thinking.

The Virtual Hope Box (VHB) mobile application received the 2014 Department of Defense Innovation Award for its unique application of technology in supporting behavioral health in service members and military families. Patients and providers can work together to personalize the VHB content on the patient's own smartphone according to the patient's specific needs. The patient can then use the VHB away from clinic, continuing to add or change content as needed.

The VHB provides help with emotional regulation and coping with stress via personalized supportive audio, video, pictures, games, mindfulness exercises, positive messages and activity planning, inspirational quotes, coping statements, and other tools.

This app was produced by the Web & Mobile Technology (WMT) Program Management Office, part of the Defense Health Agency (DHA) Solution Delivery Division. WMT provides web and mobile solutions to the DHA and other Department of Defense and Veterans Affairs organizations.

SDD is a component of the DHA DAD IO (J-6). To subscribe for SDD product news, please visit https://public.govdelivery.com/accounts/USMHSDHSS/subscriber/new.

Key Benefits

▸ Designed for patients and their health providers as an accessory to treatment

▸ Simple tools to help patients with coping, relaxation, distraction and positive thinking

Key Features

▸ Patients and providers can personalize the VHB content on the patient's smartphone according to their specific needs

▸ Patient can use the VHB away from clinic, continuing to change content as needed

▸ Helpful tools include: personalized audio, video, pictures, games, mindfulness exercises, positive messages, activity planning, inspirational quotes, coping statements and other tools

▸ Available for free download for iPhone and Android devices