**MOVING FORWARD OVERVIEW**

*Moving Forward* is a mobile phone application that provides education and tools for effective problem-solving and stress reduction. It is designed to teach skills to help Service members and Veterans overcome obstacles. Everyone faces difficult challenges at times, but the key to overcoming them is to have an optimistic, planful, problem-solving approach. This app is free and available to the public. Although it is useful for anyone facing stressful problems, it was designed to be especially helpful for Veterans and Service members facing problems such as difficulty adjusting to civilian life, relationship problems, financial stressors, or dealing with injuries or medical conditions. It is not intended to replace psychotherapy for those who need it.

The Moving Forward app may be used alone, or in combination with the more comprehensive *Moving Forward* online course (www.startmovingforward.org). The app is a convenient way to practice and implement tools learned in the web course. On the app, all users will be able to assess their stress level and their problem-solving style. They will have quick access to multiple tools that can help with stress reduction and effective problem solving. Users of the app will be able to complete a problem-solving worksheet and/or set reminders for enacting their action plan. In addition, the application contains links to supportive resources.

*Moving Forward* is a collaborative effort between the Department of Veterans Affairs and the Department of Defense. *Moving Forward* is based on a cognitive behavioral therapy program that has been successfully used by Veterans around the country. Veterans who have used that program have given it 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 that may arise.

The features of Moving Forward include:

- Assessments to learn about your problem solving strengths and weaknesses and your stress level.
- Practical information and tips about effective problem solving and stress management.
- Hands-on tools to reduce stress immediately or to calm your mind and body in preparation for problem solving. A “favorites” button allows easy access to the tools you like most.
- A problem-solving worksheet gives step-by-step guidance to help tackle even the most difficult challenge. Examples and tips provide additional assistance.
- Tools to link you to professional resources and to help you access your personal support network.

Moving Forward is available for mobile Apple devices (iPhone, iPod Touch, and iPad) in the App Store.