



## **Resources for the DCoE December 2015 Psychological Health Webinar Detrimental Effects of Blue Light from Electronics on Sleep**

The [National Center for Telehealth & Technology \(T2\)](#) is a component center of the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE).

The mission of T2 is to lead the innovation of health technology solutions for psychological health and traumatic brain injury, and deliver tested, valued health solutions that improve the lives of our nation's warriors, veterans, and their families.

- [T2 Mood Tracker](#)
- [PTSD Coach](#)
- [Virtual Hope Box](#)
- [CBT-i Coach](#)

Our vision is world-class health care and optimized health in the DoD through effective leveraging of behavioral science and technology.

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