



FAM 22-16C

Create a Mobile Hope Box or Crisis Kit

Simple tools to help you relax and
improve coping and positive thinking skills.

Virtual Hope Box helps regulate emotions
and cope with stress.

Some of the tools include:

- personalized audio, video and pictures
- games
- mindfulness exercises
- positive messages and activity planning
- inspirational quotes
- coping statements

For more information and to find
out about other T2 products, visit
t2health.dcoe.mil



Developed by National Center for Telehealth & Technology, a Defense Centers of
Excellence for Psychological Health and Traumatic Brain Injury center.

Released: March 2016