

Help @ Your Fingertips: VA Mobile Mental Health Apps – Transcript of audio

Please stand by for realtime captions.

Good afternoon, welcome to today's your finger tips of the a mobile mental health apps. We will be getting started in about five minutes.

Good afternoon, welcome to today's webinar. Help at your fingertips. Be a mobile mental health apps. On Kathy Carmichael, averagely brand joined today with Kelly Seifert this technical support. And our speaker today is Lisa Huang. MLS, MS and health studies. She is an and health specialist which is mobile health specialist for the VA. Her interests are integration of tools to prevent patient care and all forms of literacy, health, food, and digital. She has worked in public, academic considerable health, hospital, libraries, and in the digital library in the past 15 years. She is spending time with her wonderful dog, checking of the local diners and walking. Lisa, it is all yours.

Good afternoon. Greetings. I'm quite aware that some of you may be joining from different time zones. Again, welcome and thank you so much for being here. As you noticed on the first slide, for those of you who would like to be active, go ahead and download the mindfulness coach app so you get to experience the presentation and more engagement. Take your smart phone if you have got a QR code and scan -- use your smart code reader and scan the QR code on your screen and for those who prefer to type, go to your app search store, whether it is Google play or iOS Apple Store, and look for mindfulness coach. The app icon which is of a leaf, is available on your screen. I will give you a minute while you do that. I also want to say, I am so glad for the opportunity to talk about this topic. I feel like I have come full circle, because I promoted the VA mobile mental health apps before ever joining the VA, when I worked in academic libraries in Texas, especially after operation enduring freedom and more, I was putting the VA mobile mental health apps to student veterans. Before we get started, I have to do a disclaimer. This presentation is provided for informational purposes only. Any views, findings, conclusions, or recommendations expressed in this presentation do not represent North Florida, South Georgia veterans health system, the library, the Department of Veterans Affairs, where the VHA. I have no conflict of interest to the clear and no financial interest or ethics to report. Our learning objectives for today's presentation. We are to talk about learning authoritative resources on the VA's mobile mental health apps. Describe two components of all the VA self-care apps. And how you as a library professional or information professional can promote and disseminate the VA self-care apps. To your workplaces, to your friends, to veterans, and more. Feel free to type in the chat box if I'm going to faster if you have any questions. Questions do not bother me. I hope you do not mind, I will turn my camera off. I do have low bandwidth where I am at, and I want to make sure that the presentation is uninterrupted. First a little history about the VA. The VA, which is known as the Veterans Affairs has the national Center for PTSD. The PTSD stands for posttraumatic stress disorder. The national Center PTSD came about as a congressional mandate after Vietnam War and Congress mandated that the VA develop a center and spur research on PTSD. The national Center PTSD was founded in 1989. That is its history. Its mission is to be the world's leading research center and clearinghouse for all things related to PTSD. And for those of you who are always interested in snippets or tidbits, and I hope to show that later on in today's presentation, the VA does have the world's largest database on PTSD. It is called PTSD pubs, and used to be known as PTSD pilots. I will show that. Breast librarians we are the information clearinghouses, and the more the merrier because there's always somebody who is going to ask questions later on. And the resource for mobile mental health apps is mobile mental health VA.gov. That is your email address staffed by the national Center PTSD and one of the centers of the national Center

PTSD is the center for dissemination for technology. But when is based in California. They started developing mobile apps starting in 2011 with the great app, PTSD coach. On your screen is the national Center PTSD and as I mentioned earlier, the location started developing mobile mental health apps in 2011 with our famous app called PTSD coach. The reason why they start looking at mobile apps was because smart phones are accessible. Ownership varies with age, education level, income, morality, and disability status, Mark phones are becoming more and more affordable. Without a doubt, I suspect you are probably holding one in your hands. In 2016, 89% of servicemembers found a smart phone. According to the pew research Center 2021, 85% of the general population owns a smart phone. We know that they are physically accessible. You can hear them going off in restaurants, grocery stores, and more. A lot of people have smart phones on them 24 seven. And they are also discrete. Discrete because apps can be used discreetly to manage in the moment distress. While you are waiting, sitting in a bus, in a waiting room, or just sitting in your car. This is to get really important. With the population, meaning our veteran population that consistently named stigma as a barrier to seeking treatment for PTSD. We do want to say that PTSD is well-recognized. Most people think of PTSD as an issue that happens to veterans. There are some reports that say one third of all veterans have PTSD or suffer from PTSD. But PTSD is not just for veterans. Six out of 100 or 6% of the general population have PTSD. In the given year, 12 million adults in the United States have PTSD. With all that information, then national Center for PTSD, looked at how can we use the technologies that are currently available and let's develop mobile mental health apps to help our population. The VA mobile apps I think they are personally great. I will tell you why. They are free. Publicly available in the Apple market places. Whether you are the Apple App Store the Google play. I will go over them with you. The VA does not charge for users to use our apps. For example you may have heard call more headspace. With the last 2+ years of COVID, we know that mental health stressors have escalated. Increased how many folds. But all the VA apps are free. I made the comment earlier before I joined the VA I was promoting them to our students. Not just do it veterans. We were also using the VA mobile mental health apps to promote to nonveterans and to stressed-out college kids. They have a lot of uses for everyone. Because we are federal government, they are also secure. We do not share or require personal information from our users. They are also fully compliant meaning that our apps have to be compliant with system technology, meaning that font is usable for those with low vision and the technology where readers can read the information. Our apps are evidenced and formed. We have the national Center for PTSD developing them. They are tailored to veterans and veterans affairs providers. But they can be used by anyone. By the end of today's session, I hope to have you agreeing with me that yes you have been able to experience one of our apps. We developed two types of apps. The first on your left is a list of self-care. Basically apps for those who seek to manage their own symptoms or are supplementing their care. We have got a wide array and there are currently nine in our self-care apps. I will go over them. On the right is our list of treatment companion apps. Meaning that the veteran is seeking treatment at the VA or could be seeking treatment, he or she could be seeking treatment elsewhere. They are assigned exercises, homework assignments, and more to supplement their care. Or to be used in evidence-based psychotherapies. I also want to add a disclaimer that the mobile mental health apps by the VA do not replace treatment with a healthcare professional. And again, the mobile mental health apps do not replace treatment with a VA mental health care professional, but they can be used in support or for those who prefer they want to explore it or want to know what else is available. Here is our list of our self-care apps. Our most famous one that spurred them on his PTSD coach. It came out in 2011. It is fully available in Spanish and it supports a self-management posttraumatic stress disorder. A few years later we also developed PTSD family coach. We know that takes a whole village. It is for partners, family members, and loved ones of individuals who may be experiencing PTSD. We also have the anger management and that the latest one is beyond military actual trauma. Yacht MST. For folks who are experiencing managing stress related to MST or sexual assault. We are very irresponsible during COVID and 2020 to 2020 when we have

developed and launched COVID coach. I recommend it. As COVID has not disappeared, in fact I think we may have another surge again. COVID coach was an app developed by the national Center for PTSD for veterans and all to manage the stresses. Insomnia coach came out in 2021. It is designed for anyone who would like to improve their sleep. We know of COVID. We call it COVID insomnia. Or lack of sleep is one person calls it, one of the symptoms of long-haul COVID. The other one, the mindfulness coach is a most popular one. We will go over this in more detail later on. It is to practice mindfulness. That change for concerned about drinking and PTSD. This came out in 2021 or early 2022. And couples coach for you to improve your relationship and find different ways to connect with your partner, spouse, girlfriend, boyfriend. Or if you just want to see ideas for a date night. That is also available. On your screen is a list of our self-care apps. All of our self-care apps do include components. The first is psychoeducation, meaning that it is to learn. Some of our veterans, not just to veterans but I also want to add the general population. Some will be like what is PTSD coach, can you tell me more? We believe that first we need to educate all end-users. That also includes all coping tools. Tracking. Tracking means that I can see my stressors, how is my hope over time? App users can track how well they are learning and practicing mindfulness or how long they are implementing anger management as well. Reduction. There is also crisis resources. They always want to make sure that everyone knows where to go for additional information. Where to go for different resources. All of the VA apps allow for customization. We know everyone is unique what may work for somebody else may not be preferred by others. It also allows where you could to save your favorite tools and you could depersonalize the features and apps that you would like. Those of the components of all of our self-care apps. Feels free and type in the chat box if you have been able to download or your process of downloading the mindfulness coach. I do want you to experience it hands on. The reason why is because we can always talk about the apps. But I believe that hands-on is more active. Thank you Robin Pierce. And for those who joined late, we will talk and explore one of the VA self-care apps called mindfulness coach. Pretty much all of our apps are called -- we at coach at the end because for us, we want to coach you or to help you. We want our end-users to sissy succeed. That is why the preference for coach. But basically our mindfulness coach app is that the training, the practice now, you can actually download it right now from your Apple, app store or Google place if you are an android user. The app icon looks like a leaf and you can take your camera if you have got a QR code reader and scan it. Thank you folks. Letting me know that you have been able to download it. That is great. With that being said, let's talk a little bit about mindfulness. Some of you may refer to it as self-care. Self-care management. Mindfulness. Meditation. More. Mindfulness is defined as paying attention on purpose to the present moment within attitude of nonjudgment. The research shows that mindfulness-based interventions are associated with greater well-being and lower symptoms in multiple conditions. For our pain should populations, we also believe that in today's world, with so many stressors from mass violence, gun shooting every day, economic stressors, inflation, we can all be more mindful. To each other, to our surroundings, and to our health. That being said, that is what we define as mindfulness and I'm going to go over several things about the app. Before we get onto the exercise. The mindfulness training is great because on the app it does allow you to get started. How many of you might have heard for folks like me there is an app called Farmville. Years ago. And it was very popular. People would do exercises and they would grow their little tree. Or grow their crops. For the mindfulness training, it has got self-guided 14 levels. You learn about it, they also give you suggested exercises and if you want to, you can track your progress. Your stress level, your mindfulness level could be great, or not so great. You get to see how well you are growing. As you grow, your tree grows. As you move up the level, you get congratulated. It is just like a Fitbit or Apple watch. They encourage you. For the practice session, you can also try a series of them and you can learn different types of mindfulness. Such as mindful eating. Instead of just eating in front of the TV or at your workstation, you can turn off the devices and be aware of what you are eating. Everything from mindful looking and mindful walking. There are 12 exercises and you can download nine exercises. Please note the national Center for PTSD

can make any suggested mindfulness exercise available upon request. I will give you an example. We also have recreational therapists of the VA. We also have the school of medicine rehab services. Let's say we have veterans who are disabled, they need prosthetics, meaning that they are missing an arm or a leg and more. We want them to be mobile. What we do at the national Center for PTSD suggests exercises. It can be for a veteran with a service dog, it can be brushing the dogs hair. Grooming the dog. That can be an example of a mindfulness exercise. When I presented this in a previous session, there were like what are you talking about? When you think about it, a lot of things you are doing for some females whether you are brushing your hair or things you do in your daily task, making your lunch, they can be mindful because you are doing something that you are engaged in for a good purpose. Or a great purpose because for example, you are making your lunch for yourself. You get to each, you could nutrition. For brushing your dog, for a veteran with a service animal, that service animal is their buddy, their guide, their support system. It helps them function. The national Center for PTSD is great whether someone is having low vision, low mobility, prosthetics, or more they have a database of mindfulness activities for anyone regardless of commutative or physical barriers. But back to the mindfulness app. You can track your progress. You can develop yourself. Your mindfulness goes as you work into your daily life. On the left you see the track progress. What is valuable to you? What are your goals? You could do everything from master your mindfulness levels and you can also do your practice logs. Some people like to do those because some people love filling out questionnaires. If you do, I highly recommend you fill them out, because it will tell you if you are reaching toward your goal and what is your level. Teresa, thank you for letting us know you are able to download it. Again, mindfulness coach app does allow you to track your progress. You get to build your expertise. Our goal is that at the end, you are more mindful of your life. Build your expertise, there are 60 topics and nine categories. I think that is in depth. I say it is so much better than calm or headspace. And because we are federal government we cannot charge you for using our app unlike calm or headspace. And others. It sounds like a lot of people were able to download the app. I am sure you are tired of hearing me talk about it. We will do a little exercise known as a scavenger hunt. You see on your screen I would like you to take a few minutes and go through the scavenger hunt. I want you to have the ability to explore it. I have found over the years that you can talk about things, most people were like that is nice information Lisa, but, it is not memorable. We call it the Apple Store effect. Would it is doable, tangible, when you are doing things, you will likely remember it more. While you are participating in the scavenger hunt, for those on the call, please feel free to type in the chat box if you have any questions. Hannah when we get copies of slides, I gave them to Kathy, the host already. Yes. I believe you should be able to. If not, you can contact me direct and I will be happy to email it to you.

Hannah, and everyone else who is registered will get a copy of the slides with a link to the recording.

That sounds really cool. Temple run. Self-care fun app back in the day. We will give it about another minute. It looks like some of you are moving very fast. Yes, we do like to add a little tricky question there. Otherwise we are like, this is too easy. Okay. I am looking for a volunteer. If anyone would like to volunteer to name one reading level from level one of mindfulness training. The spirit of mindfulness. Thank you. Any others? You are correct. We will talk about that as well. The other is what is mindfulness, thank you. Anybody want to -- what is the answer for number two? What are the reminders in the app? Yes, definitely track your goals. And yes, you have got to practice mindfulness. Yes, I use your app, it reminds me to practice mindfulness. That is the only reason how I use it. I can tell you several stories about mindfulness coach app. We have used it and promoted it heavily during COVID. We have had spouses of our VA staff members who have used the mindfulness app. There was a gentleman here, the husband of a pharmacist who is very stressed out during COVID, he was having to lay off employees during the COVID lockdown and I was very touched when she said I went to one of

your presentations previously, and a husband who is not a veteran used your app and found it useful. We will talk more about the 988 litter on, but you are absolutely correct about the veterans crisis line. We will talk more about that later on. Number three. One frequently asked question from the app. Pamela Fenton, I believe you answered it earlier. You want to tell us how were you able to get to the FAQs and what is one of the frequently asked questions? Actually let me go up a little bit in chat. The FAQs are a bit tricky. It is let's see, at the bottom of the build expertise section, that is correct. Build expertise. And for not being able to sit still for a minute, yes, you can move around. And for the question, yes. There was some chat about question number four. Other than the veterans crisis line, name one crisis resource listed in the app. National suicide line. And the veterans crisis line, the national suicide line is now 988. If you still use the veterans crisis line, you can type in the full number. It still works. Or you can just type in 988 and press one. And how long will it take before I notice a difference in my practice. I think everybody is a different journey. It can also depend on how mindful you are right now, what is your baseline? And, you are correct. There is also the national domestic violence Hotline, 911. And there is also national sexual assault Hotline. There is a lot of other resources and the mindfulness app. What was your impression by participating in the scavenger hunt? You were able to explore our mindfulness coach app. Did you find it easy or was it difficult to navigate? And please note if you have suggestions for improving the app, the free to send it to the mobile mental health at VA.gov are mental health professionals, psychiatrists, and social workers will always be interested in your feedback. Thank you. Okay. In fact, our mindfulness coach app is used for some of our group therapy sessions. Our providers, meaning our clinicians rent at some of the handouts and give to our veterans. We found that it is a cost-effective way for workbooks and more. Thank you for feedback about the FAQs not being very easy to find. I'm going to move on to the other learning objective. How are you as librarian information professional at your setting can incorporate because without a doubt, your colleagues, your library customers or patrons, your choice of words, do have mental health stressors. I'm going to talk about some of the experiences or things we have done. As we all know, we wear multiple hats. One of my other duties, I am currently detailed for health system specialist but for the local VA, North Florida South Georgia I am writing to libraries and I do the iPad's program and other stuff. The reason why it is mentioned is because every single facility is different. However, we know that for librarians and information professionals, it does not matter because people look up to you and reach out to you for information. You have the ability to make an impact on your end users. Your clients. Your veterans, your customers. So for us, we look at how can we help those who become in contact with. To give you more understanding of where I am coming from, I'm currently at an area that is, I call it whirl. We're the largest VA health system. We are also the most complex. I met my Florida South Georgia veterans health system. We cover two states. South Georgia, North Florida. And, two medical centers. We are also about FTEs, we are also quite real. I jokingly call it we are the swamps of Florida. Getting a cell phone reception is problematic in certain locations. Our veterans have the digital divide. Meaning that hey lady, it is great that there is a such thing as mobile mental health apps, I do not even have a cell signal. What can you do for me there? This is what I mean by digital divide. There is also my veteran population or patient population travel great distances to be here. Because it could be several counties over before they are able to go to the VA clinic. And get healthcare services. There are, I call it swamps or boonies where there are unpaved roads, difficult rural locations. Our age population is a little bit older. Our largest demographic is age 45 to 70. They may not be the digital natives, the college kids, but they may have technology hesitancy. With that being said, how do you promote, how do you reach them? For resources? There are several ideas. The VA has a program called digital divide where if a veteran does not have Internet access or does not have a laptop, desktop, or any device itself, they can do a digital divide consult in the VA will issue them a tablet with Internet capabilities so they can have access to technology and more. Not everybody wants a tablet. Or knows how to use it and we also have workbooks and I made the comment earlier that some of the app pages like the mindfulness activities

we have printed them out and they can be distributed to veterans. Who prefer print and paper format. For ideas of promoting the be able VA mobile mental health apps, we have been classes. Our staff members who are always interested in getting an education credit, CME's, CME is for nurses or other, but they attend the trainings and learn about the apps and learn how to incorporate it into care for veterans. So they can maintain their licensure. We offer classes to the public. I have offered this to the regional and local County Library District. Not every veteran comes to the VA. We also know that it takes a village. We have had people who were quite surprised, oh, I can use the VA mobile mental health apps. I do not have to pay for home or headspace anymore. You guys offer those breathing exercises. I really like them, and I do not want to pay for them. That is also something to think about. Because of public or, potential resources. And because we are taxpayer-funded, everything we develop for the apps is developed free for them. We also do everything for running press releases. There is also a thing about libraries. Nobody knows they exist unless you tell them they are existing. From our public affairs, we have actually wrote the press releases and they have been published in the local newspapers and other surrounding newspapers for us. Weekly newsletters, same equivalent. The healthcare system has a weekly newsletter and we know that occasionally every time is a new app or a new update, we always make sure to get on the radar and it is simply a matter of getting on there. We also do the meeting agenda. It could be a quick 10 minute spiel. We only have time for 10 minutes. Get on the other agenda and said I just want to give a brief update about the VA mobile mental health apps and here is a list of them and more. We also have our own mailing list are known as the email group or listserv. I call them allies. You have to engage because people who do not use you can turn out to be your strongest allies and champions. Once you have found your allies, you want them to help you continuously promote and sustain so doing a simple email group is one way to do that. And for us, we have also developed packets or folders of mental health information such as the VA mobile mental health apps. How to find the VA and get connected to the VA. In my medical center, the floor above me has psych wards or inpatient mental health patient care. So when the veterans are discharged, we want to give them a packet of information, handouts about the mobile mental health apps, because it can be days and we do wonder when they get discharged from the hospital, what happens to them? We want them to know that help is still available, whether it can be a number to the veterans crisis line, or there is also the PTSD coach app, the mindfulness coach app, substance abuse, anger management, and more. We know that not everybody has a smart phone. Some people want things paper, and if we are able to do both, we will take it. We will do the packets and folders for our discharged veterans and patients. And also take a look at your local organizations. At our VA facility we have something called Spark, seed, spread. It is an innovation investment program. You have probably heard about shark tank. You have also heard about if you want to make change talk to your front-line folks because it is the frontline staff doing the grunt work. They will tell you ideas how can you improve. I participated in the spark seed spread program. And they funded me for data plans for tablets to promote the mobile mental health apps for staff and the reason why is because you know in waiting rooms you have got a captive audience. They are bored. How many of you have been to an Apple store? Apple stores are popular, Apple is one of the most valued companies in the world, because you can show ads and talk about it for the tangible experience of playing for free the devices and exploring it, it makes an impression on you. We funded this project. Our staff members would get tablets. Loaded them up with a mental health apps, veterans get to explore, play as I call it, with the mobile mental health apps. So it is tangible for them. Some of them are used in waiting rooms. Some were used and passed out from the mental health provider to the veteran so that way they can be introduced so there is no pressure for them. Those are some ideas I had and I think I am missing some things, so I hope you do not mind. Let's see. Recommend find information about the program you mentioned that provided tablets. It is VA only, it is called the digital divide consult program. Again. It is only for the Department of Veterans Affairs. That provides tablets. For veterans. If you are referring to the program, the spark, seed, spread investment, that is what my local

facility has. But if you -- I do want to say though, the national Library of medicine and I will type it into the chat box, and you could also take a look at your local state regional library organizations. They do give funding for innovation projects and more. There are many ways how you can get funding for projects you want to do. You got a new VA clinic in your town, fantastic. And you have a flyer we could send to others. We do have flyers, I can pointed out to you as well. Moving on from this slide, the other partnership we did was with the national Center for PTSD on the joint VA department of defense project. Expanding reach of VA DOD mobile apps to improve coping and reduce suicide risk. This was during 2020 and 2021. The reason that was done was during COVID we know that stressors were left and right. To promote, at that time, the very recently launched COVID coach, and for those of you who want to explore more I recommend this app, COVID coach. The icon is a son, where my mouse is on the screen. I do recommend it. We did not have time to talk more about it but if you want to explore and experience what else the VA offers, I recommend again COVID coach app and I will type it into the chat box. And the icon is right on your screen. As I made the comment earlier, take a look at your local regional, national organizations. They are great to work with and you have ideas to implement or you have and want to spread this project to promote the VA's mobile mental health apps, please fill free to do so. And of course, there are a lot of resources for this presentation. First I will talk about, you have suggestions, you have questions for our apps, it is mobile mental health at VA.gov. They are very responsive. Here is a list of resources we have and I will share my screen in just a second. Let me see. Bear with me while I share my monitor. Let me know if you are able to see my screen. My monitor.

We are.

Fantastic. It is on the slide that has resources. But I always think it is better to show it than just talking about it. The national Center of PTSD is our enterprise or mothership. Of interest, it is PTSD.VA.gov. It will take you direct to the site. I forgot to take off that, sorry about that. I do want to talk about and point out to where is the gap information. For those who have great memory, you may have heard me talk about the VA's mission is to become a leading research center. The world's research center in PTSD. I said something like we developed the world's database on PTSD. You can get to that right there. Our database, our article database is called PTSD pubs. But for a little trivia tidbit, but back to this, for apps, videos, and more on the PTSD.VA.gov website, it is right there. Mobile apps. We also have videos, online programs, and more. For those if you prefer podcasts, they are available, the PTSD bites and you can tune into our podcast. And thank you for your patience, because as you probably could have guessed, I do not have the fastest Internet speed. Handouts. Section 5 a compliant on all of these self-help, self-care apps, we have them available. Let's say for example, you want to know more information about our most famous app, PTSD coach, you can download that as well. Those who have substance abuse or information about mindfulness coach, you can pass out a handout to your library customers, patrons, clients, you can go right there. These are a list of our treatment companion apps. Treatment companion is for those supplementing care. That is a quick snapshot of our PTSD website, information about the mobile apps, and I will move on to this one and it is on the resource slide which I will go back to in just a minute. You may have heard of them, GPO government printing office. Guess what? For some of us at the VA we are lucky if we have a working printer. A color print is a luxury. I do not have one. We actually have the government printing office. You can request in color handouts, brochures, pamphlets, flyers. I take full advantage of these free resources to promote the great thing, the national Center of PTSD does. Everything from prescription pads to posters, to bookmarks. And brochure, trifolds about COVID coach couples coach, mindfulness coach, and you can request up to 250 copies, brochures of mindfulness coach brochures. And they will send it to you free. And sometimes they do have stickers and what you call those, magnets too. For this presentation, please note that you can get a poster sent to you about the VA's mobile apps, all of these bookmarks and brochures. That is a great resource at no

charge. And in color. Professionally done and more. I'm going to move this over so, it is having problems with YouTube. Give me just a second. I'm going to, what I was trying to do is there is a YouTube playlist and let me get the link. I will drop it into the chat box. For those of you who have monitors or digital frames or stuff like that, in our waiting rooms we have actually played the videos of our mobile mental health apps. The mental health clinic on second floor of our building graciously agreed to play the YouTube videos, no sound of course, closed captioning and while the veterans are waiting for their appointments, they are able to see all of the videos about our mobile mental health apps. Again I have added the link into the chat box for you. On your screen is a list of other websites, the tech into care is a public facing one. People can find out how technology can incorporate into care, mental health care in particular. There is also the PBI network CE lecture series. Basically this is for mental health professionals. Once a month lectures where they can get you education credits on best treatment options, digital ethics, and more. If you are interested, please check out all of our resources. And I am quite aware that not everybody wants everything as a smart phone or app, because smart phones are small. We do develop and there are online courses that are self-paced. We have everything from moving forward anger management, recovery. And parenting. So anyone regardless if you are a veteran or not, you can take these online courses. In addition, there is also one for family members for PTSD and a few don't want to do the app, you can do the online course. Substance abuse, the craft substance abuse program. The online course is also available. And, yes, this is the latest. 988 is now available. The national suicide prevention hotline is now the 988 suicide and crisis line. It came out just last Saturday July 16. I made the comment earlier, that yes, you can still call the one 800 number for the veterans crisis line. Today you can do it faster by hitting 988 and press one. And I know I covered a lot of resources. If you have to think of two, I recommend the national Center for PTSD website and the VA App Store. You could to see what all the VA apps are being developed and again we do not charge. We cannot charge. It is your hard-earned taxpayer money in action. And I think I finished three minutes early so I do apologize. What questions do you guys have, I will check out the chat box and I'm sure there are some I probably missed.

I do not believe so. I think you have caught them all. Now if we are running out of time and we do have a hard shutdown at 3:00, I just want to remind everybody, please take the survey, the information will be shared with the presenter. And I just want to quickly mention we have got three webinars coming up tomorrow, and August 1st using science.gov and then August 2nd, the office of minority health center and Lisa is it all right if people have questions that they can email you?

Definitely. In fact I'm typing in my email address in the chat box. If I skip your question or went over things too fast, feel free to let me know. I appreciate the feedback. Suggestions for improving the VA mobile mental health apps.

Okay. All right. We are almost at 3:00. We will close this down. I want to thank everybody for attending and a very big thank you to Lisa for all of the great information she shared with everyone today.

Thank you so much for letting me present. And thank you so much for your time. I hope it is value added as you provide library information services.

All right. Thanks so much. Everybody have a great rest of your day. Goodbye. [Event concluded]