

P3T Additional Resources

Pelvic Floor Occupational Therapist or Pelvic Floor Physical Therapist (PFOT or PFPT)

- Specialize in the muscles of the pelvic floor, helps to restore function and movement, alleviate pain, strengthen muscles of and around the pelvic floor.
- Located within your local Army Medical Center or request an in-network off-site referral.

BDE Chaplain

Occupational Therapy

Behavioral Health

Readiness and Resilient (R2) Performance Center

Military and Family Life Counselor (MFLC)

Defense Health Agency Service Women's Health Education- Deployment Readiness Education for Service Women (DRES) App:

- <https://mobile.health.mil/Dres>
- Written by military medical providers to provide healthy practices and available resources to support service women's healthcare needs.

DHA Pregnancy & Childbirth Purple Book

Military One Source

- 1 (800) 342-9647
- <https://www.militaryonesource.mil/>
 - Chill Drills App (includes progressive muscle relaxation and imagery)
 - Family Advocacy Program (FAP)

Hear Her- from CDC (includes information for spouses, suggestions, and questions to ask SM's medical provider)

- <https://www.cdc.gov/hearher/index.html>

DOD/VA Apps

- Couples Coach - designed for partners who want to improve their relationship and explore new ways to connect. Couples choose missions—small commitments to improve your relationship—to work through on their own or with their partner. There are five levels of couples training with dozens of missions to choose from. Missions help couples increase positive communication and work through conflict. The app also includes comprehensive relationship information for couples living with PTSD.
- Virtual Hope Box- simple tools to help users with coping, relaxation, distraction, and positive thinking using personalized audio, video, pictures, games, mindfulness exercises, activity planning, inspirational quotes, and coping statements.
- Mindfulness - Learn how to practice mindfulness to reduce stress and improve emotional balance.
- Breathe to Relax - stress management tool which provides detailed information on the effects of stress on the body and instructions and practice exercises to help users learn the stress management skill called diaphragmatic breathing.