



“Video Game for Good” Helps Veterans and Service Member Build the Skills to Support One Another—Download for Free Now

When a fellow veteran or service member is struggling post-deployment—should you speak up and suggest he or she get help? And if so, what do you say?

It can be hard to know what to do.

That’s why we recommend that all veterans and service members try [Together Strong](#), a new mobile and online app that was developed with extensive input from soldiers and vets.

[Insert quote from your organization.]

Together Strong uses 3-D virtual humans and interactive gaming technology to help you practice what to say and do when a buddy is struggling with the adjustment to civilian life. Taking on the role of a virtual veteran, you meet with peers who are facing a full gamut of post-deployment challenges, such as isolation, stigma, PTSD, academic failure, problems with relationships, and difficulty keeping a job.

As you navigate these scenarios and make decisions about what to say and do, your goal is to help these peers build resilience and the motivation to access help. Feedback and tips are instant and personalized. You can practice in privacy, at your own pace.

Together Strong was developed by Kognito—a ten-year-old Manhattan based company— in collaboration with the Veterans Affairs NY/NJ Healthcare Network.

The full app is available permanently in NY and NJ, courtesy of the Veterans Affairs NY/NJ Healthcare Network. One of three in-app conversations is available elsewhere nationwide on the [iTunes](#) and [Google Play](#) stores, or online at [jointogetherstrong.com](#). The app is also available online at [Jointogetherstrong.com/es](#).

Together Strong builds on Kognito’s research-proven *Family of Heroes*, which was designed for military families,” said Kognito co-founder and Director of Research Glenn Albright, Ph.D. “A [randomized controlled study of *Family of Heroes*](#) found a 46 percent increase in the number of military family members who spoke with their veterans about accessing help after they had completed the program.