



## Useful mental health apps



**Calm** – Named by Apple as the 2017 iPhone App of the year, Calm is quickly becoming regarded as one of the best mental health apps available. Calm provides people experiencing stress and anxiety with guided meditations, sleep stories, breathing programs and relaxing music. This app is truly universal; whether you've never tried meditation before or regularly practice, you'll find the perfect program for you. *(Free on iOS and Android) (Suitable for ages 4+)*



**Smiling Mind** - Smiling Mind is a unique web and app-based program developed by psychologists and educators to help bring balance to people's lives. Just as we eat well and stay fit to keep our body healthy, the mindfulness meditation is about mental health and looking after the mind. *(Free on iOS and Android) (Suitable for ages 4+)*



**My Life Meditation: Mindfulness** - Meditation & mindfulness to help you feel strong, connected and inspired through life's ups and downs. *(Free on iOS and Android with option of Premium Subscription) (Suitable for ages 4+)*



**Dare: Anxiety & Panic Relief** - The DARE app is an evidence based training program to help people overcome anxiety, panic attacks, worry, and insomnia. You can track your progress daily with the mood journal. Based on the best-selling book 'DARE' that helps people overcome anxiety and panic attacks fast. *(Free download on iOS and Android. Premium Subscription 9.99/month or 59.99/year) (Suitable for ages 4+)*



**The Check-In:** The Check-in app was designed in consultation with young people to help take the fear out of having a conversation with a friend who might be struggling. This is often not an easy conversation to have. This app is for anyone who wants to check in with a friend but is concerned about saying the wrong thing or making the situation worse. *(Free download on iOS and Android) (Suitable for ages 4+)*



**Niggle** - Track your wellbeing and get personalised information, videos, podcasts, quizzes and tips to help you tame your niggles. Plus, hear from other young people as they share their stories and find out what helped them! From feeling down or sad to sexual identity, dealing with conflict, loneliness and more - this is your take home, self-help toolkit that is here for you 24/7 for all things related to mental, social and emotional wellbeing. *(Free download on iOS and Android) (Suitable for ages 4+)*



**MoodMission:** is an evidence-based app designed to empower you to overcome feelings of depression and anxiety by discovering new and better ways of coping. When we feel down or anxious, there are heaps of things we can do to help us feel better again. Doing these things can help prevent everyday mood disturbances from developing into mental health issues, such as depression and anxiety disorders. When you tell MoodMission how you're feeling, it gives you a tailored list of 5 simple, quick, effective, evidence-based Missions to improve your mood. *(Available on iOS and Android. 7.99 monthly subscription) (Suitable for ages 4+)*



**Relax Melodies:** This app has relaxing music, meditation and sleep stories appropriate for any age. The free version allows you to try out features of the app and see if this is something that your child might benefit from. Relaxation and background music can be changed into any combination for your preference and after a sleep story the app will close itself. *(Free download on iOS and Android) (Suitable for ages 4+)*



**Breathe2Relax** – Sometimes you just need to breathe and remind yourself you are okay. Breathe2Relax is made for just that. Created by the National Centre for Telehealth and Technology, this app is a portable stress management tool that teaches users a skill called diaphragmatic breathing. Breathe 2 Relax works by decreasing the body's 'flight or fight' stress response, making it a great option for people suffering from PTSD. *(Free on iOS and Android) (Suitable for ages 8+)*



**MindShift CBT: Anxiety Relief** - MindShift CBT is a free self-help anxiety relief app that helps you reduce worry, stress, and panic by following evidence-based strategies. Using CBT tools, you can challenge negativity, learn more about anxiety, develop more effective ways of thinking, be mindful, and relax. *(Free on iOS and Android) (Suitable for ages 8+)*



**Happify** - Happify's science-based activities and games can help you overcome negative thoughts, stress, and life's challenges. Our techniques are developed by leading scientists and experts who've been studying evidence-based interventions in the fields of positive psychology, mindfulness, and cognitive behavioural therapy for decades. *(Free on iOS and Android) (Suitable for ages 8+)*



**Worry Watch: Anxiety Self Care** - Worry Watch app is built on the foundations of cognitive science where a mere awareness of one's cognitive bias alters subsequent thinking in a positive way. Make the transformation to positive thinking with the help of self-notes affirmations and quotes using daily and weekly reminders. *(\$7.99 on iOS and Android) (Suitable for ages 8+)*



**365 Gratitude Journal** - 365 Gratitude is a science-based gratitude journal that makes self-care fun! *(Free download on iOS and Android. Premium subscription \$4.99/month) (Suitable for ages 8+)*



**Thinkladder** - Thinkladder is a guide that helps link symptoms to underlying limiting beliefs and then offers the opportunity to challenge those beliefs with insights collated by our mental health professionals. *(Free on iOS and Android) (Suitable for ages 12+)*



**Self-help for Anxiety Management (SAM)** – SAM might be perfect for you if you're interested in self-help, but meditation isn't your thing. Users are prompted to build their own 24-hour anxiety toolkit that allows you to track anxious thoughts and behaviour over time and learn 25 different self-help techniques. You can also use SAM's 'Social Cloud' feature to confidentially connect with other users in an online community for additional support. *(Free on iOS and Android) (Suitable for ages 12+)*



**MoodTools Depression Aid** - If you are feeling sad, anxious, or depressed, lift your mood with MoodTools! MoodTools is designed to help you combat depression and alleviate your negative moods, aiding you on your road to recovery. *(Free with in app purchases on iOS and Android) (Suitable for ages 12+)*



**Quirk CBT** - Quirk is a companion and self-help app for one of the most common formats of CBT. CBT helps you record "automatic thoughts," challenge them with cognitive distortions and then train your brain with an alternative thought. If you do it enough, you can change your thoughts, your moods and your behaviour. *(\$5.99/month on iOS and Android) (Suitable for ages 12+)*



**CBT Thought Diary** - CBT Thought Diary is a journal with a purpose: it uses effective tools from Cognitive Behavioural Therapy and Positive Psychology to help improve your mood. Think of this app as a space to reflect on your thoughts, both positive and negative. Record your mood, reflect on your emotions, practice gratitude, and analyse your thoughts with proven & effective techniques. *(Free on iOS and Android with in-app purchases) (Suitable for ages 12+)*



**Pocketcoach: Anxiety Helper** - Pocketcoach is a digital coach for more happiness and less stress. When you feel anxious, about to have a panic attack, have trouble sleeping or feel restless, Pocketcoach offers scientifically validated techniques and self-help programs. Just download the Pocketcoach app for free and step by step, you learn how to be more resilient and less stressed. *(Free download on iOS and Android with in-app purchases) (Suitable for ages 12+)*



**Moodnotes: Mood Tracker** - Meet Moodnotes - a super easy mood tracker & journaling app to capture your mood and help you improve your thinking habits. Moodnotes empowers you to track your mood over time, avoid common thinking traps, and develop perspectives associated with increased happiness and well-being. *(Free download on iOS and Android with option of premium subscription) (Suitable for ages 12+)*





**Breakup Shakeup** - Feeling down after a breakup? Or just finding it hard to find motivation for anything? Have you lost some of your spark? Breakup Shakeup can help you come up with cool ideas what to do about it. Getting active and socialising are amongst the best things you can do to start feeling happier and stronger again. *(Free on iOS and Android) (Suitable for ages 12+)*



**Wysa: Mental Health Support** - Wysa is an emotionally intelligent chatbot that uses AI to react to the emotions you express. Unlock tools and techniques that help you cope with challenges in a fun, conversational way. For extra support, take guidance from a real human coach - a qualified mental health professional. Leveraging behavioural techniques, coach's help you identify, design and work towards goals that are aligned with your true values. *(Free download on iOS and Android. Premium subscription \$99.99/year) (Suitable for ages 12+)*



**Youper** - Youper empowers you to take control of your mental health using quick guided therapy exercises to increase happiness, find motivation, feel more calm, practice gratitude, improve sleep, increase mindfulness, stop worrying, change negative thinking, deal with difficult situations, and improve your behaviour. *(Free download on iOS and Android. Premium subscription available.) (Suitable for ages 12+)*



**Calm Harm** - Calm Harm provides tasks that help you resist or manage the urge to self-harm. *(Free download on iOS and Android) (Suitable for ages 12+)*



**Woebot** - Meet Woebot! Your friendly self-care expert. Woebot can help you think through situations with step-by-step guidance from Woebot using tools from Cognitive Behavioural Therapy (CBT); learn about yourself with intelligent mood tracking, master skills to reduce stress and live happier through over 100+ evidence-based stories from our clinical team. *(Free download on iOS and Android) (Suitable for ages 12+)*



**Daisy** - connects women around Australia to services providing support for the impacts of sexual assault family violence and domestic violence. Family members and friends can also use Daisy to gather information and support women's decision making. *(Free download on iOS and Android) (Suitable for ages 12+)*



**ReachOut WorryTime:** is available for iPhone and Android mobile devices, helps users control anxiety by scheduling worrying so that it's confined to a specific time each day. Learning to capture and then postpone worrying makes it less intrusive and can bring about a greater sense of control. *(Free download on iOS and Android) (Suitable for ages 12+)*





**BeyondNow:** If you or someone close to you is considering suicide, a safety plan can be a reminder of the reasons to live and ways to stay safe. The Beyond Now suicide safety planning app assists you to create your own suicide safety plan; a plan to keep you safe when experiencing suicidal thoughts. Using the app, you can list ideas and contacts to stay safe, including warning signs, coping strategies, reasons for living, and ways to make your environment safe. *(Free download on iOS and Android) (Suitable for ages 12+)*



**MindMax** - MindMax is an app, funded by Movember Foundation to maximise wellbeing and resilience and create a community of fit minds. *(Free download on iOS and Android) (Suitable for ages 12+)*



**I am Sober** - an addiction buddy useful for quitting any activity or substance. With daily tracking, advice and quotes from other users, this app is focused around creating motivation and support while trying to quit. *(Free download on iOS and Android. Premium subscription available) (Suitable for ages 16+)*



**My Sex Doctor** - My Sex Doctor offers tons of useful information about sex and sexuality. My Sex Doctor gives advice on puberty and body changes, on flirting and relationships, on the various sexual acts and on minimise the risks of sexually transmitted diseases and unwanted pregnancies. *(Free download on iOS and Android) (Suitable for ages 16+)*



**Ray's Night Out:** Ray's Night Out is an app designed to help young people learn safe drinking strategies and important facts about alcohol. Users of 'Ray's Night Out' take Ray the panda for a night out, buying drinks and food, dancing and playing bar trivia. *(Free download on iOS and Android) (Suitable for ages 16+)*

