



APPS AND ONLINE PROGRAMMES FOR EMOTIONAL HEALTH AND WELL-BEING

The following is a compilation of the many available apps and programmes that may assist emotional health and well-being. Available to download on App Store, those with ☺ are also available as an android app on Google Play. Costs and requirements may vary.



Head to health
Includes a search engine for evidence based mental health resources ,including apps, tolls and websites.

<https://headtohealth.gov.au/search-resources>



Mental Health Online
Provides free resources, services and programmes
<https://www.mentalhealthonline.org.au>



Mindspot
Provides free online assessment and treatment for anxiety and depression
<https://mindspot.org.au/ocd-course>



Reach Out
In 2 easy steps, find most appropriate and evidence based apps and programmes.
<https://au.reachout.com/tools-and-apps>



MoodGYM
free interactive CBT program

<https://moodgym.com.au/>



Ecouch
Free self help interactive programme with numerous modules.
<https://ecouch.anu.edu.au/>



My Compass
Personalised self-help tool for mental health.
<https://www.mycompass.org.au/>



THIS WAY UP
Provides online learning programs (cost involved)
<https://thiswayup.org.au/>



Youth Beyond Blue The Check-in
Provides links to a range of online and phone services and tips and advice for helping a friend. (FREE) ☺



Beyond Now
Suicide safety planning (FREE) ☺

Also on Beyond Blue website



Calm Harm
Provides tasks that help resist or manage the urge to self harm (FREE) ☺
<https://calmharm.co.uk/>



PTSD Coach Australia
Helps people understand and manage the symptoms of post-traumatic stress disorder (PTSD). (FREE) ☺



Sanvello
Formerly Pacifica, Sanvello offers clinically validated techniques and support with stress, anxiety and depression ☺ (FREE with additional costs)
<https://www.sanvello.com/>



Stop, Breathe & Think
Includes a check in tool and tailor made compassion and mindfulness meditations. (FREE) ☺ Also kids version
<https://www.stopbreathethink.com/>



Breathe2Relax
Provides information about stress and relaxation. Includes video explanations and demonstration of diaphragmatic breathing. (FREE) ☺



Headspace
Provides single and themed meditation packs for improving health, performance and relationships. ☺ (FREE with additional costs) Also kids version
<https://www.headspace.com/>



Smiling Mind
Provides mindfulness meditation age specific programmes. (7-11, 12-15,16-22 years and adults). (FREE) ☺
www.smilingmind.com.au
(Also Mind the Bump for new parents)



Calm
A guided meditation app to help reduce stress and enhance wellbeing. (FREE) ☺
<https://www.calm.com/>



Insight timer
Provides a free library of guided meditations (FREE) ☺
<https://insighttimer.com/>



1GiantMind v2
Provides meditation in 12 easy steps, especially adapted to be learnt effectively through an app. (FREE) ☺
www.1giantmind.org/