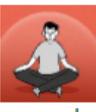


Apps for Wellbeing for Adults

 <p>My Mood Tracker Tracks emotional state and looks at how sleep, exercise, medication, menstrual cycles, stress, pain, energy and stimulants affect mood.</p>	 <p>Smiling Mind Provides mindfulness meditation age specific programmes. (7-11, 12-15, 16-22 years and adults). (FREE) 📱 www.smilingmind.com.au</p>	 <p>1GiantMind Provides meditation in 12 easy steps, especially adapted to be learnt effectively through an app. (FREE) 📱 www.1giantmind.org/</p>	 <p>Headspace Provides single and themed meditation packs for improving health, performance and relationships. (FREE) 📱 www.getsomeheadspace.com</p>
 <p>Stop, Breathe & Think Includes a check in tool and tailor made compassion and mindfulness meditations. (FREE) 📱 http://stopbreathethink.org/</p>	 <p>Breathe2Relax Provides information about stress and relaxation. Includes video explanations and demonstration of diaphragmatic breathing. (FREE) 📱</p>	 <p>Calm A leading app for meditation and sleep. Recommended by top psychologists, therapists, and mental health experts.</p>	 <p>Bloom Welcome to bloom, a wellness app created to help you bloom into a better version of yourself!</p>
 <p>Virtual Hope Box Provides simple tools to help with coping, relaxation, distraction, and positive thinking. (FREE) 📱</p>	 <p>MoodKit Draws upon the principles and techniques of Cognitive Behaviour Therapy (CBT). Includes thought checker mood tracker and journal.</p>	 <p>Black Dog Snapshot Includes self-assessment tool to keep track of wellbeing and options for online and offline help-seeking services. (FREE) 📱</p>	 <p>Toxic Thinking A guide and an action plan for mental health and what to look out for in others. (FREE) 📱 www.toxicthinking.info</p>
 <p>Beat Panic Provides a series of flash cards to assist in overcoming a panic attack in a gentle calm manner.</p>	 <p>Parenting Today's Teens Provides resources to help parents as they walk with their child through the oftentimes-turbulent teenage years.</p>	 <p>Meditopia helps you to get calm, reduce stress, sleep well, love, find peace and start a deep discovery within yourself</p>	 <p>My Possible Self. The Mental Health App that uses clinically proven content to reduce stress, anxiety and low mood in 8 weeks.</p>

Apps for Wellbeing for Teenagers/Young Adults

 <p>MindShift Includes strategies to relax and develop more helpful ways of thinking. (FREE)</p>	 <p>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) 📱</p>	 <p>Reach Out Breathe Helps reduce the physical symptoms of stress with controlled breathing and lowering heart rate. (FREE) <i>ReachOut.com Australia</i></p>	 <p>Reach Out Worry Time Helps control anxiety by scheduling worry so that it is confined to a specific time each day. (FREE) 📱 <i>ReachOut.com Australia</i></p>
 <p>Recharge: Move Well Sleep Well, Be Well Provides personalised program aimed at improving mood, energy, wellbeing and sleep. (FREE) <i>ReachOut.com Australia</i></p>	 <p>WorkOut Mental fitness app based on the principles of cognitive behaviour therapy. (FREE) <i>ReachOutIreland.com</i></p>	 <p>iCounselor: Anxiety Includes rating scales and strategies to monitor and manage levels of anxiety.</p>	 <p>Recovery Record Supports with recovery from eating disorders. Also intended for people with general eating, weight and shape concerns. (FREE) 📱</p>
 <p>Chillax Uses a unique combination of soothing music and sounds for relaxation. (FREE)</p>	 <p>@ppreciate Promotes good self-esteem and positive communication between young people.</p>	 <p>Bully Beater Assists teenagers to develop the skills needed to overcome a bully.</p>	 <p>Thisissand Provides unique playground for creating and sharing amazing sandscapes to assist with stress management.</p>

Apps for Wellbeing for Children

 <p>Positive Penguins Interactive journey to help children understand why they feel the way they do and how they can challenge their unhelpful thoughts. 📱 www.positivepenguins.com</p>	 <p>The Electric Company Feel Electric! Empowers children to explore their emotions by building expressive vocabulary skills. Features include three fast-paced games, digital diary and story maker. (FREE) 📱</p>	 <p>Kidoko My Emotions Interactive storybook of emotions. Includes a memory match game, with rising levels of difficulty. (FREE) 📱</p>	 <p>The Allen Adventure Interactive story which teaches children social and emotional skills and how to identify and deal with inappropriate behaviour. (FREE) 📱</p>
 <p>CBT Tools for Kids Allows children to develop strategies for understanding and managing their thoughts and feelings.</p>	 <p>Meet Mr Angry Ant Assists children to deal with anger. Includes eBook and teaching resources. (FREE) www.meetmrangryant.com</p>	 <p>FabFirst5 Helps to reduce anxiety and build resilience by teaching children the important skill of switching their focus from problems to possibilities.</p>	 <p>The Bears Uses fun cartoon bears to identify and express feelings. 📱 (Based on The Bears cards)</p>

 <p>Emotions, Feelings Colours Uses animated clips to help children identify the emotions felt by the characters. <i>(FREE)</i></p>	 <p>Autism Emotions Uses music and a photo slideshow to help children learn different emotions. <i>(FREE)</i></p>	 <p>Wince – Don't Feed The Worry Bug Using an animated, rhyming story, join Wince as he discovers the secret to keeping his worries from getting monstrous.</p>	 <p>Future Quest Explore different career directions & gain insight into options for your future!</p>
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WEBSITES AND ONLINE PROGRAMMES FOR YOUNG PEOPLE'S EMOTIONAL HEALTH AND WELL-BEING

In addition to those mentioned in apps information pages

<p>Headspace Provides mental health and wellbeing support, information and services to young people. www.headspace.org.au</p>	<p>EHeadspace Provides online and telephone counselling for young people aged 12-25 years. www.eheadspace.org.au</p>
<p>Youth Beyond Blue Provides youth specific information about anxiety and depression. www.youthbeyondblue.com</p>	<p>BiteBack Provides young people with mental health information, help and advice. www.biteback.org.au</p>
<p>Black Dog Institute Provides information, support and resources for mood disorders. www.blackdoginstitute.org.au</p>	<p>Reach Out Provides young people with mental health information, help, support and advice. http://au.reachout.com/</p>
<p>It's All Right Provides information and support for young people who may have experience of mental illness within their families. www.itsallright.org/</p>	<p>SuperBetter A free game designed to build personal resilience. (Over 13 years) www.superbetter.com</p>
<p>Kids Helpline Provides free and confidential telephone and online counselling service specifically for young people aged between 5 and 25. www.kidshelp.com.au/teens</p>	<p>Lifeline Provides crisis support and counselling service, in addition to mental health information and resources. www.lifeline.org.au</p>
<p>Moodgym A free interactive program which incorporates CBT, teaching helpful ways of thinking about life's problems. www.moodgym.anu.edu.au</p>	<p>Ecouch Self-help free interactive programme includes modules for anxiety, depression, bereavement and loss and divorce. www.ecouch.anu.edu.au</p>
<p>GoZen Anxiety and GoStrengths Resilience Online programmes featuring characters and animations, with lesson plans and additional resources. www.gozen.com/ www.gostrengths.com/what-is-gostrengths/</p>	<p>BRAVE A free online program for the prevention, early intervention and treatment of anxiety, with modules for children, teenagers and parents/carers. www.brave4you.psy.uq.edu.au</p>
<p>This Way Up Schools Provides a number of online modules in areas such as stress, alcohol education and body image. https://thiswayup.org.au/schools/</p>	<p>Climate Schools Provides health education courses which aim to empower students to gain knowledge about their health and wellbeing. www.climateschools.com.au</p>
<p>Generation Next Features a national seminar series and supporting resources aimed at protecting and enhancing the wellbeing of children and teenagers. www.generationnext.com.au/about-generation-next</p>	