

# eHelp

**FREE + COMPATIBLE WITH IPHONE & ANDROID**

## Health & Fitness apps

### Health Tap

Trustworthy answers and healthy tips collected from more than 50,000 health professionals.

### WedMD

Provides interactive tips, tools, fact sheets and recipes to help you lead a healthier lifestyle.

### 101 Revolutionary Ways to Be Healthy

Offers practical skills and information to help you make healthier choices and form positive attitudes.

### MiYo (Mind Yourself)

Focuses on tracking key aspects of physical health and wellbeing such as sleeping, eating, connecting with friends and learning.

### Nike Running

Tracks your run and helps you reach your goals. It includes training programs, coaching expertise and daily workouts to get you race ready.

### My Quit Buddy

Offers support to help you quit smoking.

### Smoke Free

Quit smoking with this app that's designed to help researchers understand how to help people stop smoking. You can also download the app without participating in the study.

### Calm

A guided meditation app to help reduce stress and enhance wellbeing.

## Dealing with Tough Times apps

### Panic Attack Aid Lite

Helps you deal with the symptoms of a panic attack when you're out and about.

### In Hand

Taking you through different activities in times of stress or low mood, aiming to focus on where you're at and bring back the balance.

Note: this app was developed in the UK. The emergency contact numbers are for the UK but the content can be accessed from Australia.

## Other apps

### The Sorter (17+)

All the answers on sex, love, friends, family, work, cash, study, booze and drugs. It comes with three levels of advice: everyday stuff; tough stuff; and really tough stuff.

### The Naked Truth

An educational app explaining the laws surrounding Age of Consent & Sexting.

### Pure Rush (14+)

A fun and engaging way to learn about illegal drugs. Players navigate through four Australian-themed levels, learning as they do about the potential harms associated with drug use.

### Take a Stand Together

Provides students with tips and advice which they can apply to different bullying situations.

### On Track with The Right Mix (18+)

Helps you keep track of your drinking over time to understand the impact it has on your health in both the short and long term.

### National Drugs Campaign (iPhone only)

Allows instant access to information on illicit drugs and services for youth and parents.

Please note that these resources do not substitute professional help. If you have any concerns about your mental or physical health, talk to your GP.

headspace is funded by the Australian Government under the Promoting Better Mental Health—Youth Mental Health Initiative.

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## Thoughts & Emotions apps

### MiYo (Mind Yourself)

Focuses on tracking key aspects of physical health and wellbeing such as sleeping, eating, connecting with friends and learning.

### Smiling Mind

A modern meditation app for young people that uses mindfulness to boost calmness, contentment and clarity.

### In Hand

Taking you through different activities in times of stress or low mood, aiming to focus on where you're at and bring back the balance.  
 Note: this app was developed in the UK. The emergency contact numbers are for the UK but the content can be accessed from Australia.

### Breathe2Relax

Breathe2Relax provides instructions for deep breathing exercises that can help reduce stress, anger and anxiety.

### ReachOut WorryTime

An app for managing the time you spend worrying.

### Self-help for Anxiety Management

Offers a range of self-help methods for people who are serious about learning to manage their anxiety.

### 1 Giant Mind

Teaches you how to meditate so you feel calmer, more rested and present.

### WellMind

Designed to help with stress, anxiety and depression. Includes advice, tips and tools to improve your mental health and boost your wellbeing.

### MyCalmBeat

Helps you manage stress through slow breathing to increase the variability of your heart rate to decrease stress, improve focus and build resilience.

## Relationships & Helping Others apps

### The Check-in

Designed to help young people have a conversation with a friend who is struggling.

### Pay It Forward

Sends a daily alert with a simple act of kindness to complete. You can track your progress and share your acts of kindness with friends and family.

## Websites

### [www.eheadspace.org.au](http://www.eheadspace.org.au)

A space where young people can chat with a qualified youth mental health professional.

### [www.moodgym.anu.edu.au](http://www.moodgym.anu.edu.au)

An innovative, interactive web program designed to prevent depression.

### [www.ecouch.anu.edu.au](http://www.ecouch.anu.edu.au)

A self-help interactive program with modules for depression, generalised anxiety & worry, social anxiety, relationship breakdown, and loss & grief.

### [www.mindspot.org.au](http://www.mindspot.org.au) (18+)

A free telephone & online service for adults troubled by symptoms of anxiety or depression.

### [www.brave4you.psy.uq.edu.au](http://www.brave4you.psy.uq.edu.au)

An interactive, online program for the prevention & treatment of childhood and adolescent anxiety.

### [www.clearyourvision.org.au](http://www.clearyourvision.org.au)

A do-it-yourself guide to quitting cannabis.