


















Recharge Apps List











Resource	How can this help me?	Other info	Where can I access this resource?
<p>The Toolbox</p> 	<p>The Toolbox provides a list of resources that can help you out depending on your goals and your needs.</p>	<p>Website with resources</p>	<p>https://au.reachout.com/sites/t hetoolbox</p>
<p>Music eScape</p> 	<p>Music eScape allows you to create a mood map of your music library, develop playlists to match mood, and use music to change or express mood.</p> <p>It helps with general wellbeing.</p>	<p>App iOS only Free</p>	<p>http://www.emhprac.org.au/services/music-escape/</p>
<p>Smiling Mind</p> 	<p>Mindfulness meditation has been shown to help manage stress, resilience, anxiety, depression and improve general health and wellbeing.</p> <p>Smiling Mind uses meditation and mindfulness activities to reduce anxiety and improve general wellbeing.</p>	<p>App iOS and Android compatible Free</p>	<p>https://smilingmind.com.au/</p>
<p>Headspace</p> 	<p>Mindfulness meditation has been shown to help manage stress, resilience, anxiety, depression and improve general health and wellbeing.</p> <p>Headspace uses guided meditation activities to reduce anxiety and improve general wellbeing.</p>	<p>App iOS and Android compatible Free</p>	<p>https://www.headspace.com/</p>
<p>ReachOut Worry Time</p> 	<p>ReachOut Worry Time gives you space to record worries or persistent thoughts and schedule 'worry' time when it is manageable and safe.</p> <p>It helps to reduce anxiety and manage stress.</p>	<p>App iOS and Android compatible Free</p>	<p>http://au.reachout.com/reachout-worrytime-app</p>



<p>ReachOut Breathe</p> 	<p>ReachOut Breathe helps you reduce the physical symptoms of stress and anxiety by slowing down your breathing and your heart rate.</p> <p>It helps to reduce anxiety, manage stress, and control symptoms of panic.</p>	<p>App iOS only Free</p>	<p>http://au.reachout.com/reachout-breathe-app</p>
<p>WellMind</p> 	<p>WellMind is designed to help you with stress, anxiety and depression. The app includes advice, tips and tools to improve your mental health and boost your wellbeing.</p> <p>It might help you to overcome depression and manage stress and anxiety.</p>	<p>App iOs and Android compatible Free</p>	<p>https://play.google.com/store/apps/details?id=com.bluestepsolutions.wellmind&hl=en</p> <p>https://itunes.apple.com/au/app/wellmind/id918138339?mt=8</p>
<p>Breakup Shakeup</p> 	<p>Breakup Shakeup provides ideas for fun, easy things to do to help you cope after a breakup. The app teaches you that planning activities and increasing your social support will help you recover faster.</p> <p>It can help you to recover after a break up.</p>	<p>App iOS only Free</p>	<p>https://itunes.apple.com/au/app/breakup-shakeup/id1017200579?mt=8</p>
<p>The Check In</p> 	<p>The Check-in is for anyone who is worried about a friend but is concerned about saying the wrong thing or making the situation worse. It helps you plan the conversation, figure out what to say and access support services.</p> <p>The check in helps you to be kinder and help others.</p>	<p>App iOS and Android compatible Beyond Blue resource Free</p>	<p>https://www.youthbeyondblue.com/help-someone-you-know/thecheckin</p>
<p>Habit Bull</p> 	<p>HabitBull can help you organise your life. You can customise, set goals and create positive habits and routines that can help you feel more in control of unwanted habits.</p>	<p>App iOS and Android compatible Free</p>	<p>http://www.habitbull.com/</p>

	It can help you to achieve goals and build better habits.		
<p>Dormio</p> 	<p>Dormio helps improve your sleep with timer based audio tracks that have been designed by scientists, sound engineers and therapists. It can help you relax and get a deeper sleep, so you feel more refreshed in the morning. It helps you to sleep better.</p>	<p>App iOS only Free</p>	<p>http://www.dormioapp.com/</p>
<p>Juice</p> 	<p>Juice is an energy tracker that helps you identify the relationship between your daily routine and energy levels. It takes less than a minute a day and tracks your sleep, diet and exercise.</p> <p>It can help you to become healthier, increase energy</p>	<p>App iOS and Android Free</p>	<p>http://www.mindbloom.com/juice</p>
<p>Recharge – Move well, Sleep well, Be well</p> 	<p>Recharge provides you with a personalised six-week program that helps improve your general health and wellbeing by focusing on regular sleep times, daylight exposure, physical activity</p> <p>It helps you to sleep better and improve general wellbeing</p>	<p>App iOS only Free</p>	<p>http://au.reachout.com/recharge-sleep-app</p>
<p>Mind Shift</p> 	<p>MindShift can help you change how you think about anxiety. Rather than trying to avoid anxiety, you can make an important shift and face it. It includes specific tools including exam preparation and managing social or performance anxiety.</p> <p>It helps you to reduce anxiety.</p>	<p>App iOS and Android Free</p>	<p>https://www.anxietybc.com/resources/mindshift-app</p>
<p>The Brave Program</p> 	<p>The Brave Program uses Cognitive Behavioural Therapy techniques, relaxation, identifying emotions, self-talk, and other coping skills to treat anxiety.</p>	<p>Web based app Free</p>	<p>https://brave4you.psy.uq.edu.au/teen-program</p>

	It helps you to reduce anxiety.		
<p>The Mindfulness App</p> 	<p>The Mindfulness App provides an introduction to mindfulness, guided mindfulness and meditations and helps you to keep track of your journey with reminders and mindful notes.</p> <p>It can help you to reduce anxiety.</p>	<p>App iOS, Android and Google Play compatible Free</p>	<p>http://themindfulnessapp.com/</p>
<p>Coach Me</p> 	<p>Coach Me is designed to help you with goal setting and achievements. It provides you with inspiration and reminders and helps you track habits.</p> <p>It can help you to achieve goals and build better habits.</p>	<p>App Google play Free</p>	<p>https://www.coach.me/habit-tracker</p>
<p>Mood Gym</p> 	<p>Understanding emotions, improve self-esteem, relationships, managing stress.</p> <p>It can help you to develop and improve coping skills; manage stress and improve self-esteem.</p>	<p>Web based program Free</p>	<p>https://moodgym.anu.edu.au/welcome/new/splash</p>
<p>My Compass</p> 	<p>My Compass is personalised self-help program. It provides you with a mental health toolkit, and helps you to stay motivated.</p> <p>It helps you to improve and develop healthy mental habits.</p>	<p>Web based program Free</p>	<p>https://www.mycompass.org.au/</p>
<p>On Track Depression</p> 	<p>On Track Depression gives you a personalised diary to monitor your symptoms and mood.</p> <p>It helps with overcoming depression.</p>	<p>Web based program Free</p>	<p>https://www.ontrack.org.au/web/ontrack/programs/depression</p>
<p>Mood Mission</p> 	<p>Mood Mission lets you set goals to improve mood such as: clean your room, visit your favourite website.</p>	<p>Apple iOS Android Google Play</p>	<p>http://moodmission.com/</p>

	It helps with improving wellbeing, develop coping with low mood.		
<p>In Flow</p> 	<p>In flow is quite vibrant with graphs and emoticons. Remember the happy moments, see how energy and emotions are related.</p> <p>It helps with monitoring your mood, and encouraging general wellness.</p>	<p>Android and Google Play</p>	<p>https://play.google.com/store/apps/details?id=com.inflow&hl=en</p>
<p>Recovery Record</p> 	<p>Recovery Record is a great app for when food monitoring is needed as part of treatment, and it's not obvious what it is if others look at your phone.</p> <p>It helps with setting meal plans, meal logs, suggests coping skills, and provides graphs.</p>	<p>Apple iOS, Android and Google Play</p>	<p>https://www.recoveryrecord.com/</p>