

Mental Health eResources

Mental Health eResources aims to teach people strategies to cope with symptoms and improve thoughts

Anxiety / Mood



Calm - provides people experiencing stress and anxiety with guided meditations, sleep stories, breathing programs and relaxing music. (Free on iOS and Android) (Suitable for ages 4+)



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



Clear Fear - app is a free, evidence-based mobile application that helps young people aged 11–19 manage anxiety symptoms using a Cognitive Behavioural Therapy (CBT) framework. (Free on iOS and Android)



Self-help for Anxiety Management (SAM) - build your own 24-hour anxiety toolkit that allows you to track anxious thoughts and behaviour over time, and learn 25 different self-help techniques. (Free on iOS and Android) (Suitable for ages 12+)



Moodnotes - a super easy mood tracker & journaling app to capture your mood and help you improve your thinking habits. (Free download on iOS and Android with option of premium subscription) (Suitable for ages 12+) (Free on iOS and Android *In-App purchases)



MoodGym - a free, online self-help program that uses cognitive-behavioral therapy (CBT) techniques to help people prevent and manage depression and anxiety

Self care



Smiling Mind - a program developed by psychologists and educators to help bring balance to people's lives through mindfulness, meditation and by looking after the mind. (Free on iOS and Android) (Suitable for ages 4+)



Relax Melodies - includes relaxing music, meditation and sleep stories appropriate for any age. (Free download on iOS and Android) (Suitable for ages 4+)



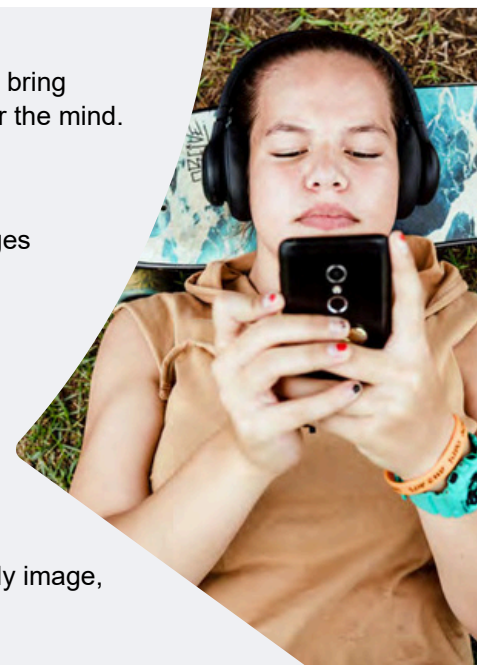
Finch - a self-care pet app that helps you feel prepared and positive, one day at a time. Have a go using this for 5 mins daily. (Free on iOS and Android)



365 Gratitude Journal - 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+)



Worth Warrior - a free app created for young people to manage negative body image, low self-worth, and related early-stage eating difficulties or disorders (Free on iOS and Android)



Emotion Regulation



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+)



Beyond Now app - puts your safety plan in your pocket so you can access and edit it at any time. You can also email a copy to trusted friends, family or your health professional so they can support you when you're experiencing suicidal thoughts or heading towards a suicidal crisis. (Free on iOS and Android)

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Families + Friends



Combined Minds - helps families and friends to find ways to provide the right environment to help the individuals they support effect their own change (Free download on iOS and Android).



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 for 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+)



The Check-In - 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+)



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+)

Physical Health/Sexual Health



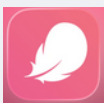
Sleep Ninja - evidence based smartphone app shown to be effective in helping young people with sleep problems (Free on iOS and Android).



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



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. Premium subscription available) (Suitable for ages 16+) (Free on iOS and Android)



Flo - a period tracker that helps users monitor their menstrual cycles, ovulation, fertility, and pregnancy, offering predictions, symptom tracking, health insights. (Free on iOS and Android *In-App purchases)

Our Favourites



MOST - a digital mental health platform for young people. it's a support system that means you're never alone. Personalized tools, expert advice, and real people who really care. <https://www.most.org.au/>

headspace - is a confidential, free and secure space where young people 12 - 25 or their family can chat, email or speak on the phone with a qualified youth mental health professional. <https://headspace.org.au/online-and-phone-support/>

headspace Partners in Parenting - helping build parents' and carers' skills and confidence to support their high school-aged young person's mental health and wellbeing <https://headspace.org.au/online-and-phone-support/partners-in-parenting/>