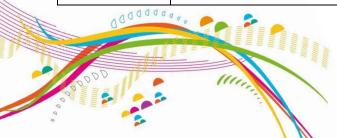


Recharge Apps List

Resource	How can this help me?	Other info	Where can I access this resource?
The Toolbox	The Toolbox provides a list of resources that can help you out depending on your goals and your needs.	Website with resources	https://au.reachout.com/sites/t hetoolbox
Music eScape	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. It helps with general wellbeing.	App iOS only Free	http://www.emhprac.org.au/ser vices/music-escape/
Smiling Mind	Mindfulness meditation has been shown to help manage stress, resilience, anxiety, depression and improve general health and wellbeing. Smiling Mind uses meditation and mindfulness activities to reduce anxiety and improve general wellbeing.	App iOS and Android compatible Free	https://smilingmind.com.au/
Headspace	Mindfulness meditation has been shown to help manage stress, resilience, anxiety, depression and improve general health and wellbeing. Headspace uses guided meditation activities to reduce anxiety and improve general wellbeing.	App iOS and Android compatible Free	https://www.headspace.com/
ReachOut Worry Time	ReachOut Worry Time gives you space to record worries or persistent thoughts and schedule 'worry' time when it is manageable and safe. It helps to reduce anxiety and manage stress.	App iOS and Android compatible Free	http://au.reachout.com/reacho ut-worrytime-app
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ReachOut Breathe	ReachOut Breathe helps you reduce the physical symptoms of stress and anxiety by slowing down your breathing and your heart rate. It helps to reduce anxiety, manage stress, and control symptoms of panic.	App iOS only Free	http://au.reachout.com/reacho ut-breathe-app
WellMind	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. It might help you to overcome depression and manage stress and anxiety.	App iOs and Android compatible Free	https://play.google.com/store/a pps/details?id=com.bluestepso lutions.wellmind&hl=en https://itunes.apple.com/au/ap p/wellmind/id918138339?mt=8
Breakup Shakeup	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. It can help you to recover after a break up.	App iOS only Free	https://itunes.apple.com/au/ap p/breakup- shakeup/id1017200579?mt=8
The Check In	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. The check in helps you to be kinder and help others.	App iOS and Android compatible Beyond Blue resource Free	https://www.youthbeyondblue. com/help-someone-you- know/thecheckin
Habit Bull	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.	App iOS and Android compatible Free	http://www.habitbull.com/



	It can help you to achieve goals and build better habits.		
Dormio	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.	App iOS only Free	http://www.dormioapp.com/
Juice	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. It can help you to become healthier, increase energy	App iOS and Android Free	http://www.mindbloom.com/jui <u>ce</u>
Recharge – Move well, Sleep well, Be well	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 It helps you to sleep better and improve general wellbeing	App iOS only Free	http://au.reachout.com/recharg e-sleep-app
Mind Shift	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. It helps you to reduce anxiety .	App iOS and Android Free	https://www.anxietybc.com/res ources/mindshift-app
The Brave Program	The Brave Program uses Cognitive Behavioural Therapy techniques, relaxation, identifying emotions, self-talk, and other coping skills to treat anxiety.	Web based app Free	<u>https://brave4you.psy.uq.edu.au</u> <u>/teen-program</u>



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

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	It halps with improving			1
	It helps with improving			
	wellbeing, develop coping			
	with low mood.			
In Flow	In flow is quite vibrant with	Android and	https://play.google.com/store	
	graphs and emoticons.	Google Play	/apps/details?id=com.inflow&	
\frown	Remember the happy		And the second	
	moments, see how energy		2000 Mun	
	and emotions are related.	000		
		0		
	It helps with monitoring your			
	mood, and encouraging			11
	general wellness.			
Recovery	Recovery Record is a great	Apple iOS,	https://www.recoveryrecord.c	
Record	app for when food	Android and	om/	
	monitoring is needed as part	Google Play		
	of treatment, and it's not			
	obvious what it is if others			
	look at your phone.			
	It helps with setting meal			
	plans, meal logs, suggests			
	coping skills, and provides			
	graphs.			