



# Get Appy!

Online information,  
tools and  
strategies:



## ReachOut

[reachout.com](http://reachout.com)

An online youth mental health service filled with info, support and stories on everything from finding motivation to getting through really tough times.

## MoodGYM

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

Learn cognitive behaviour therapy skills (CBT) for preventing and coping with depression, from the Australian National University.

## e-couch

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

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

## Mental Health Online

[mentalhealthonline.org.au](http://mentalhealthonline.org.au)

An internet-based treatment clinic for people with mental health problems by Swinburne University of Technology.

Need a wellbeing power pack? Check out these apps and websites to get some tech support for a healthier lifestyle...

Need help to relax  
and unwind?

## Smiling Mind

[smilingmind.com.au](http://smilingmind.com.au)

Smiling Mind is a free, modern meditation program with exercises that can help you reduce stress and relax.

Available: iPhone App Store,  
Google Play or the website

## ReachOut Breathe

Breathe helps you to control your breath and measures your heart rate in real-time using the camera in your phone.

Available: iPhone App Store

## ReachOut WorryTime

WorryTime gives you a place to store your worries, and alerts you when it's time to think about them. When a worry no longer matters to you, you can ditch it and move on.

Available: iPhone App  
Store and Google Play

If getting up at a  
regular time in the  
holidays is difficult  
for you, these apps  
are just for you:

## Wake Up Rosie

Each time the alarm sounds, you will be sent a new inspirational image, perfect for lifting your mood or sharing with friends.

Available: iPhone App Store

## Recharge - Move Well, Sleep Well, Be Well

Need to improve your sleep/wake routine? Recharge helps you get out of bed in the morning by forcing you to get up and do ten star jumps before the alarm turns off!

Available: iPhone App Store