



Get Appy!

Online information,
tools and
strategies:



ReachOut

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

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

e-couch

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

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

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