

Use these apps & visit these websites to help support positive mental health.



Wellbeing Apps



MoodPrism

Help learn about your mood by transforming daily mood reports into a summary of your emotional health

Reach Out: Breathe

Helps reduce the physical symptoms of stress and anxiety



Check-in: Beyond Blue

Helps people check-in with friends and family and coaches young people how to support their friends

Breakup Shakeup

Provides ideas for things to do to cope after a breakup



Reach Out: Worry Time

A place to store worries, and alerts you when it's time to think about them

Mindgauge

Easily and quickly measure and track your mental health, mood and lifestyle



Recharge

A personalised six-week program to help improve your general health and wellbeing by establishing a good sleep/wake routine

Smiling Mind

A website & app teaching mindfulness meditation to young people



Mood Mission

Help overcome low moods and anxiety by discovering new and better ways of coping

Beyond Now: Suicide & Safety Plan

Helps create a safety plan to help you cope when you're unsafe or suicidal



Online



Resources



youthbeyondblue.com

SANE
AUSTRALIA

sane.org



kidshelp.com.au

moodgym

moodgym.anu.edu.au

REACH
OUT.COM

www.reachout.com

headspace
National Youth Mental Health Foundation

headspace.org.au
ehespace.org.au