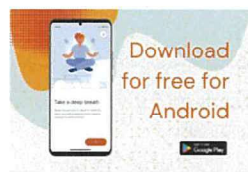


Mental Health and Wellbeing Phone Apps

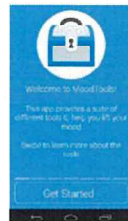
Beyond Now (Kids Helpline) the Beyond Now web app is used to create a safety plan to help you cope when you're feeling unsafe or suicidal. You can use the mobile app if you want to be able to save it to your phone and update it whenever you need to.



ClearlyMe ClearlyMe® is an app designed for teens aged 12-17 who are experiencing depressive symptoms, psychological distress or in other words, going through a tough time



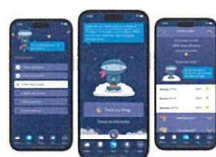
MoodTools If you are feeling sad, anxious, or depressed, lift your mood with MoodTools! MoodTools is designed to help you combat depression and alleviate your negative moods, aiding you on your road to recovery.



FearTools FearTools is an evidence-based app designed to help you combat anxiety, aiding you on your road to recovery. This application is especially useful for those suffering from Generalized Anxiety Disorder, Phobias, and Social Anxiety Disorder.



Sleep Ninja is a free, evidence-based smartphone app shown to be effective in helping young people with sleep problems. Based on Cognitive Behavioural Therapy for Insomnia (CBT-I), Sleep Ninja teaches strategies across six 'training sessions' to develop healthy sleep habits and improve sleep quality.



Other Supports

Dealing with Tough Times apps

Panic Attack Aid Lite	Helps you deal with the symptoms of a panic attack when you're out and about.
In Hand	Taking you through different activities in times of stress or low mood, aiming to focus on where you're at and bring back the balance. Note: this app was developed in the UK. The emergency contact numbers are for the UK but the content can be accessed from Australia.

Thoughts & Emotions apps

MiYo (Mind Yourself)	Focuses on tracking key aspects of physical health and wellbeing such as sleeping, eating, connecting with friends and learning.
Smiling Mind	A modern meditation app for young people that uses mindfulness to boost calmness, contentment and clarity.
In Hand	Taking you through different activities in times of stress or low mood, aiming to focus on where you're at and bring back the balance. Note: this app was developed in the UK. The emergency contact numbers are for the UK but the content can be accessed from Australia.
Breathe2Relax	Breathe2Relax provides instructions for deep breathing exercises that can help reduce stress, anger and anxiety.
ReachOut WorryTime	An app for managing the time you spend worrying.
Self-help for Anxiety Management	Offers a range of self-help methods for people who are serious about learning to manage their anxiety.
1 Giant Mind	Teaches you how to meditate so you feel calmer, more rested and present.
WellMind	Designed to help with stress, anxiety and depression. Includes advice, tips and tools to improve your mental health and boost your wellbeing.
MyCalmBeat	Helps you manage stress through slow breathing to increase the variability of your heart rate to decrease stress, improve focus and build resilience.