

Making The Most Of Technology! Promoting Emotional Health And Well-Being In The 21st Century (Emotional Health And Well Being Applications And Websites)



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Love it or loathe it, technology is here to stay with more and more young people turning to the internet and smart phones to seek help. The following is a compilation of the many available apps, websites and online programmes that address the emotional health and well-being of adults, teenagers and children.

They are for information purposes only and not intended as a substitute for professional health advice or therapy.

The choice of app or programme depends upon a variety of factors, including evidence base, cost, platforms and personal preferences.

The Young and Well Cooperative Research Centre provides a number of publications to support the evaluation of mental health technology, including the **Mobile Application Rating Scale (MARS)**

The MARS is a simple, objective and reliable tool for classifying and assessing the quality of mobile health apps and is available www.youngandwellcrc.org.au/knowledge-hub/publications/mars/

APPLICATIONS FOR EMOTIONAL HEALTH AND WELL BEING FOR ADULTS

The following is a compilation of the many available apps that may assist emotional health and well-being.

Available to download on App Store, those with 🍏 are also available as an android app on Google Play.

Costs and requirements may vary. Some also have accompanying website programmes.



Juice

Includes an energy and activity tracker

with tips and information for physical and emotional wellbeing. **(FREE)** 🍏

Also on windows

www.mindbloom.com/juice



My Mood Tracker

Tracks emotional state and looks at how sleep,

exercise, medication, menstrual cycles, stress, pain, energy and stimulants affect mood.



Mental Health First Aid (MHFA)

Provides key information about

MHFA. It is a handy resource both for those who have completed MHFA training and those who haven't. **(FREE)** 🍏

www.mhfa.com.au



Gold Coast Health Alcohol and Other Drug Service (AODS) Directory

Provides the Gold Coast community with support, referral and information.

(FREE) 🍏



Smiling Mind

Provides mindfulness meditation

age specific programmes.

(7-11, 12-15, 16-22 years and adults). **(FREE)** 🍏

www.smilingmind.com.au



1GiantMind

Provides meditation in 12 easy steps, especially adapted

to be learnt effectively through an app.

(FREE) 🍏

www.1giantmind.org/



Headspace

Provides single and themed meditation packs

for improving health, performance and relationships.

(FREE) 🍏

www.getsomeheaspace.com



One-Moment Meditation

Learn to meditate quickly and powerfully, finding

balance and calm. **(FREE)** 🍏

www.onemomentmeditation.com



Breathe2Relax

Provides information about stress and

relaxation. Includes video explanations and demonstration of diaphragmatic breathing.

(FREE) 🍏



Stop, Breathe & Think

Includes a check in tool and tailor

made compassion and mindfulness meditations.

(FREE) 🍏

<http://stopbreathethink.org/>



Stress Free: Resilience

Provides explanation and

demonstration by 'virtual doctor' of relaxation techniques including calm breathing, deep muscle relaxation, meditation and self-hypnosis. **(FREE)** 🍏

On Android as Stress Free PCA



The Quiet Place

Provides relaxing music and humorous

instructions to take a break from all the chatter - with an emphasis on social media and telephones.

(FREE) 🍏



Black Dog Snapshot

Includes self-assessment tool

to keep track of wellbeing and options for online and offline help-seeking services.

(FREE) 🍏



Unstuck

Helps see and solve situations with fresh

perspective through provocative questions, targeted tips, and action-oriented tools. **(FREE)**

www.unstuck.com



Bloom

A digital inspirational app, includes reminders

to make healthy choices, stay connected with others and manage stress. **(FREE)**



Virtual Hope Box

Provides simple tools to help with coping, relaxation,

distraction, and positive thinking. **(FREE)** 🍏



MoodKit

Draws upon the principles and techniques of

Cognitive Behaviour Therapy (CBT). Includes thought checker, mood tracker and journal.



Happify

Provides personalised activities to

enhance happiness. **(FREE)** 🍏

<http://happify.com/>



Toxic Thinking

A guide and an action plan for mental health and what to look out for in others. **(FREE)** 🍏

www.toxicthinking.info



National Drugs Campaign

Provides useful information about illicit drug use. **(FREE)**



Whats Up?

Utilises CBT (Cognitive Behavioural

Therapy) and ACT (Acceptance Commitment Therapy) methods to help cope with Depression, Anxiety, Anger, Stress and more.

(FREE) 🍏



Beat Panic

Provides a series of flash cards to assist in

overcoming a panic attack in a gentle calm manner.



PTSD Coach Australia

Provides information,

symptom tracking and a scheduler. Designed specifically for ex and current serving ADF personnel, although also useful for others. **(FREE)** 🍏



Parenting Today's Teenager and Tough Time Talk

Assists parents to develop the skills needed to effectively parent through the teenage years.

www.parentingtodaysteener.com.au

Some of these apps are also appropriate for children/teenagers – use at own discretion.

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The content presented is for your information only and not necessarily a recommendation. It is not a substitute for professional counselling or medical advice, and it should not be used to treat a psychiatric or medical condition. Please consult your healthcare provider if you have any questions or concerns.

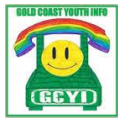
Correct at time of printing. June.2015 Pamela Day. District Ed LinQ Co-ordinator.

APPLICATIONS FOR EMOTIONAL HEALTH AND WELL BEING FOR TEENAGERS/YOUNG ADULTS

The following is a compilation of the many available apps that may assist emotional health and well-being.

Available to download on App Store, those with 📱 are also available as an android app on Google Play.

Costs and requirements may vary. Some also have accompanying website programmes.



Gold Coast Youth Info (GCYI)

Provides useful information and links to local services. (FREE) 📱



MindShift

Includes strategies to relax and develop more helpful ways of thinking. (FREE) 📱



Youth Beyond Blue The Check-in

Provides links to a range of online and phone services and tips and advice for helping a friend. (FREE) 📱



UniThrive Wellbeing

Includes self-care notices, gratitude and a relaxation centre. (FREE) 📱
www.adelaide.edu.au/uni-thrive.



Reach Out Breathe

Helps reduce the physical symptoms of stress with controlled breathing and lowering heart rate. (FREE)
ReachOut.com Australia



Reach Out Worry Time

Helps control anxiety by scheduling worry so that it is confined to a specific time each day. (FREE) 📱
ReachOut.com Australia



Recharge: Move Well Sleep Well, Be Well

Provides personalised program aimed at improving mood, energy, wellbeing and sleep. (FREE)
ReachOut.com Australia



Workout

Mental fitness app based on the principles of cognitive behaviour therapy. (FREE)
ReachOutIreland.com



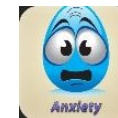
iCounselor: Anger Management

Includes rating scales and strategies to monitor and manage feelings of anger.



iCounselor: Depression

Includes rating scales and strategies to monitor and manage levels of depression.



iCounselor: Anxiety

Includes rating scales and strategies to monitor and manage levels of anxiety.



iCounselor: OCD

Includes rating scales and strategies to monitor and manage obsessive thoughts and behaviours.



iCounselor: Eating Disorder

Includes rating scales and strategies to monitor and manage eating disorders.



Recovery Record

Supports with recovery from eating disorders. Also intended for people with general eating, weight and shape concerns. (FREE) 📱



Body Beautiful

Helps cultivate a positive self-image and encourage true beauty with inspirational quotes, media articles, videos and tools.



iCope

Provides alternative strategies to non-suicidal self-injury (self-harm).



Take a Chill – Stressed Teens

Provides stress inventory, audio tracks and tips to aid relaxation.
www.stressedteens.com



Chillax

Uses a unique combination of soothing music and sounds for relaxation. (FREE)



Thisissand

Provides unique playground for creating and sharing amazing sandscapes to assist with stress management.



@ppreciate

Promotes good self-esteem and positive communication between young people.



De-Stressor

Assists teenagers to develop the skills needed to understand and control stress.



I Boost

Assists teenagers to develop the skills needed to strengthen self-confidence and resilience.



Friend Maker

Assists teenagers to develop the skills needed to make and keep a friend.



Bully Beater

Assists teenagers to develop the skills needed to overcome a bully.

Also refer to apps on previous pages.

APPLICATIONS FOR EMOTIONAL HEALTH AND WELL BEING FOR CHILDREN AND TEENAGERS

The following is a compilation of the many available apps that may assist emotional health and well-being.

Available to download on App Store, those with 🍏 are also available as an android app on Google Play.

Costs and requirements may vary. Some also have accompanying website programmes.



Breathe Think Do

Provides tools to help children build skills for resilience

and overcome everyday challenges and stressful situations. **(FREE)** 🍏

www.SesameStreet.org/Challenges



Feel Electric

Empowers children to explore their

emotions by building expressive vocabulary skills. Features include three fast-paced games, digital diary and story maker.

(FREE) 🍏

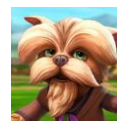


Positive Penguins

Interactive journey to help children

understand why they feel the way they do and how they can challenge their unhelpful thoughts. 🍏

www.positivepenguins.com



IF: The Emotional IQ Game

Interactive adventure game

which provides children the tools to help them manage their emotions in a healthy way.

(FREE)



Emotions Playkit

A multi-sensory method to help children identify

and express feelings. Includes calming activities, music and an interactive mirror.

(iPad only)



Kidoko My Emotions

Interactive storybook of

emotions. Includes a memory match game, with rising levels of difficulty.

(FREE) 🍏



The Allen Adventure

Interactive story

which teaches children social and emotional skills and how to identify and deal with inappropriate behaviour. **(FREE)** 🍏



Take a Stand Together

Provides children

with tips and advice which they can apply to different bullying situations.

(FREE) 🍏

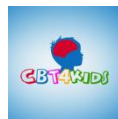
www.takeastandtogether.gov.au



CBT Tools for Kids

Allows children to develop

strategies for understanding and managing their thoughts and feelings.



CBT4KidsToolbox

Intended for use

by health professionals and others who work with children, who have a basic understanding of cognitive behaviour therapy.



Friends Game

Provides activities

to reinforce the CBT aspects of the Friends for Life Programme. 🍏

www.pathwayshrc.com.au/



FabFirst5

Helps to reduce

anxiety and build resilience by teaching children the important skill of switching their focus from problems to possibilities.



Autism Emotions

Uses music and a photo slideshow

to help children

learn different emotions. **(FREE)**



Emotions, Feelings Colours

Uses animated

clips to help children identify the emotions felt by the characters.

(FREE)



Totally Monster Feelings

With the help of

fun animations and interactions, young children can learn to identify and embrace a wide range of feelings.



The Bears

Uses fun cartoon bears to identify

and express feelings. 🍏

(Based on The Bears cards)



Wince – Don't Feed The Worry Bug

Using an

animated, rhyming story, join Wince as he discovers the secret to keeping his worries from getting monstrous.



Meet Mr Angry Ant

Assists children to deal with

anger. Includes eBook and teaching resources.

(FREE)

www.meetmrangryant.com

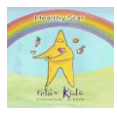


Bigger Than A Bully

Assists children to deal with bullying

situations. Includes eBook and teaching resources. **(FREE)**

www.biggerthanabully.com



Arabian Adventure

Provides relaxation exercises and

music, with link to web site to access further resources. **(FREE)**



Also Healthy

Star eBook

www.relaxkids.com

Also refer to apps on previous pages.

WEBSITES AND ONLINE PROGRAMMES FOR YOUNG PEOPLE'S EMOTIONAL HEALTH AND WELL-BEING

In addition to those mentioned in apps information pages

Headspace

Provides mental health and wellbeing support, information and services to young people.

www.headspace.org.au

Youth Beyond Blue

Provides youth specific information about anxiety and depression.

www.youthbeyondblue.com

Black Dog Institute

Provides information, support and resources for mood disorders.

www.blackdoginstitute.org.au

Somazone

Provides information, support and resources for issues affecting young people.

www.somazone.com.au

Kids Helpline

Provides free and confidential telephone and online counselling service specifically for young people aged between 5 and 25.

www.kidshelp.com.au/teens

Workout

A free online programme to help improve mental fitness.

<http://workoutapp.com.au/>

MindStrength

A free online course for 14 - 16 years olds to assist with the development of resilience.

www.blackdogfilms.com

Moodgym

A free interactive program which incorporates CBT, teaching helpful ways of thinking about life's problems.

www.moodgym.anu.edu.au

GoZen Anxiety and GoStrengths Resilience

Online programmes featuring characters and animations, with lesson plans and additional resources.

www.gozen.com/
www.gostrengths.com/what-is-gostrengths/

This Way Up Schools

Provides a number of online modules in areas such as stress, alcohol education and body image.

<https://thiswayup.org.au/schools/>

Generation Next

Features a national seminar series and supporting resources aimed at protecting and enhancing the wellbeing of children and teenagers.

www.generationnext.com.au/about-generation-next

EHeadspace

Provides online and telephone counselling for young people aged 12-25 years.

www.eheadspace.org.au

BiteBack

Provides young people with mental health information, help and advice.

www.biteback.org.au

Reach Out

Provides young people with mental health information, help, support and advice.

au.reachout.com

It's All Right

Provides information and support for young people who may have experience of mental illness within their families.

www.itsallright.org/

Lifeline

Provides crisis support and counselling service, in addition to mental health information and resources.

www.lifeline.org.au

SuperBetter

A free game designed to build personal resilience. (Over 13 years)

www.superbetter.com

Building Resilience In Young People And Navigating Teenager Depression

Free online interactive programmes for parents/carers and those who work with young people.

www.blackdogfilms.com

Ecouch

Self-help free interactive programme includes modules for anxiety, depression, bereavement and loss and divorce.

www.ecouch.anu.edu.au

BRAVE

A free online program for the prevention, early intervention and treatment of anxiety, with modules for children, teenagers and parents/carers.

www.brave4you.psy.uq.edu.au

Climate Schools

Provides health education courses which aim to empower students to gain knowledge about their health and wellbeing.

www.climateschools.com.au

Mind Matters and Kids Matter

Mind Matters (secondary) and Kids Matter (early childhood and primary) are mental health initiatives that aim to improve the emotional health and wellbeing of children and young people.

www.mindmatters.edu.au
www.kidsmatter.edu.au