



Self-help apps & tools



Calm: Sleep & Meditation – the #1 app for meditation, mindfulness, and sleep.



Headspace – meditation made simple. It has progress pages to help track your stats and reminders to help you with your meditation practice.



How We Feel – an emotional wellbeing journal created by therapists, scientists, engineers & designers to help people better understand their emotions in the moment.



I am Sober – an addiction buddy useful for quitting any activity or substance with daily tracking, advice & quotes from other users. It focuses on creating motivation & support.



iBreathe – is a simple yet powerful app to guide you through deep breathing exercises and breathwork. Whether you are struggling with stress, anxiety, insomnia or are trying to meditate and relax.



1 Giant Mind; Learn Meditation – learn to meditate in 12 easy steps, then take the 30-day challenge to make meditation a daily habit.



Insight Timer – for sleep, anxiety, and stress. Includes guided meditations to help calm the mind and improve wellbeing.



Living Well – is specifically designed to assist men who have been sexually abused in childhood and is designed to complement but not replace the work of a qualified health professional.



MindDoc: Your Companion – is a leading monitoring and self-management app for promoting emotional well-being and coping with issues like; depression, anxiety, insomnia and eating disorders.



MindShift – is a very user-friendly and aesthetically calming app useful for journalling, building fear ladders and helping face daily challenges.



MoodMission – helps you learn new and better ways of coping with low moods and anxiety. Tell MoodMission how you are feeling, and it will give you a tailored list of 5 missions that can help you feel better.



PTSD Coach Australia – is an app that provides education, information & self-assessment with tools that help you manage the daily stressors of living with PTSD.



Remember the Milk – is for anyone who feels overwhelmed by everything they have to do. Sometimes even the simplest tasks have multiple steps. With this app, you can increase your chances of getting them done, an increase that feeling of accomplishment.



Sleep Ninja – helping young Australians improve their sleep. A Black Dog Institute designed app especially for teens, in consultation with teens, to improve sleep, mood and anxiety symptoms.



Smiling Mind – daily meditation and mindfulness exercises to boost calmness.



The Emergency+ app – developed by Australia's emergency services and their government and industry partners. The app uses GPS functionality to help Triple Zero (000) callers provide critical location details.



The Sleep Cycle – tracks and interprets sleep data. It has a smart alarm clock that goes off during your lightest sleep cycle which can make waking up easier and reduce fatigue & grogginess.

Websites



e-couch offers five FREE programs for over 16 yo on: depression, anxiety & worry, social anxiety, divorce & separation, and loss & bereavement. [Information](#)



TEN – The Essential Network is a multifaceted e-health hub for health professionals developed by health professionals offering evidence-based tools and resources. [See these 'Quick self-help techniques'](#)



Mindspot – offers FREE 8-week structured courses for stress, worry, anxiety, low mood or depression, PTSD, and OCD. [Information](#)



Moodgym – is an interactive, online self-help book which teaches skills based on cognitive behaviour therapy (CBT) consisting of five interactive modules. [Information](#)



MyCompass – a free resource with a focus on building resilience & good mental health providing tips, exercises and modules on stress, anxiety, and depression. [Information](#)



This Way Up – discover step-by-step strategies for managing stress, anxiety, and low mood. [See these coping & resilience tools](#)

Further app information is available on the [Tool Box ReachOut website](#)

Not all apps are available on Android

Further trauma information and resources are available on the [SARC website](#).