Government of **Western Australia**
North Metropolitan Health Service

SARC SEXUAL ASSAULT RESOURCE CENTRE

Self-help apps and tools

Calm: Sleep & Meditation helps with meditation, mindfulness and sleep.

Headspace makes meditation simple. It has progress pages to help track your stats and reminders to help you practise. You can now also talk it out with Ebb in voice mode.

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

I am Sober is an addiction buddy useful for quitting any activity or substance, with daily tracking, advice and quotes from other users. It focuses on creating motivation and 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 teaches you to meditate in 12 simple steps, to help you start feeling happier, more energised and less stressed.

Insight Timer is an app to help with sleep, anxiety and stress. It comes with a large library of free guided meditations to help calm the mind and improve wellbeing.

MindDoc: Mental Health Support is a leading monitoring and self-management app for promoting emotional wellbeing and coping with issues such as depression, anxiety, insomnia and eating disorders.

MindShift CBT – Anxiety Relief is a 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 stress, low moods and anxiety. Tell MoodMission how you are feeling and it will give you a tailored list of 5 simple, quick and effective, evidence-based missions to improve your mood.

PTSD Coach is an app that provides education, information and 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. The app helps you increase your chances of getting them done and that feeling of accomplishment. Sync with Microsoft Outlook and the Apple Watch App.

Sleep Ninja helps young Australians improve their sleep. Designed by the Black Dog Institute for teens, in consultation with teens, it helps improve sleep, mood and anxiety symptoms.

Smiling Mind is designed to promote mental wellbeing for users of all ages. It offers a variety of meditation sessions to help reduce stress and enhance overall wellbeing.

The Emergency+ app was 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.

Sleep Cycle – Sleep Tracker collects 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 and grogginess. Good night, good tomorrow.

Websites

e-couch offers five **free** programs for people over16 years old: depression; anxiety and worry; social anxiety; divorce and separation; and loss and bereavement. **Click here for 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. **Click here for information**.

Moodgym is an interactive, online self-help book that teaches skills based on cognitive behaviour therapy (CBT) over five interactive modules. **Click here for information**.

MyCompass is a **free** resource with a focus on building resilience and good mental health, providing tips, exercises and modules on stress, anxiety, and depression. **Click here for information**.

This Way Up provides 'therapy on demand'. Discover step-by-step strategies for managing stress, anxiety, and low mood. **See these coping & resilience tools**.

Samsn is Australia's leading organisation for male survivors of child sexual abuse and their supporters. **See these wellbeing resources**

Further app information is available on the ReachOut website.

Not all apps are available on Android.

Further trauma information and resources are available on the SARC website.

SARC

24-hour crisis line for recent sexual assault

Phone (08) 6458 1828 or
1800 199 888 (free from landlines only)

Crisis phone support
8.30am - 11.00pm daily
Phone (08) 6458 1828

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