



# Apps for mobile devices

## Safety



**Daisy** – a personal safety and information app which connects survivors with educational information, support resources, and a way to contact police or other trusted contacts in an unsafe situation. Developed by 1800RESPECT.



**Positive Pathways** – is for women experiencing family and domestic violence in WA. It looks like a wellness app however, its main purpose is for use in emergencies, with audio recording, automatic help messages & GPS location with a one-touch 000 call function.



**bSafe – Never Walk Alone** - an app to alert your friends that you have arrived safely at your destination and send location information to those in your network. It has an SOS button that can activate and send your location to your pre-determined guardians.



**Sunny** – is 1800RESPECT's app for women with a disability who have experienced violence and abuse. It has been co-designed with women with a disability to make sure it provides the very best support for the people who use it.



**Arc** – enables people experiencing family violence to track details of abusive behaviour by uploading photos; videos; audio and diary entries to record what happened, when and how it made them feel.



**Beyond now** – a suicide safety planning app. Convenient and confidential, this app puts your safety plan in your pocket so you can access and edit it at any time.



**Calm Harm** – provides tasks that help you resist or manage the urge to self-harm. You can add your own tasks too and is completely private and password protected.

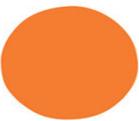
## Mental Health and Wellbeing



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



**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.



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



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



**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.



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



**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.



**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.



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



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



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



**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.



**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.



**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, and increase that feeling of accomplishment.



**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.

Find further app information on the [Reachout website](#). Not all apps are available on Android.

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