

# Making The Most Of Technology! Promoting Emotional Health And Well-Being In The 21<sup>st</sup> 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/](http://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](http://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](http://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](http://www.smilingmind.com.au)



### 1GiantMind

Provides meditation in 12 easy steps, especially adapted

to be learnt effectively through an app.

**(FREE)** 🍏

[www.1giantmind.org/](http://www.1giantmind.org/)



### Headspace

Provides single and themed meditation packs

for improving health, performance and relationships.

**(FREE)** 🍏

[www.getsomeheadspace.com](http://www.getsomeheadspace.com)



### One-Moment Meditation

Learn to meditate quickly and powerfully, finding

balance and calm. **(FREE)** 🍏

[www.onemomentmeditation.com](http://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](http://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](http://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.parentingtodaysteenager.com.au](http://www.parentingtodaysteenager.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.*

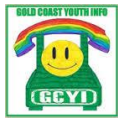
*Correct at time of printing. June.2015 Pamela Day. District Ed LinQ Co-ordinator.*

## 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](http://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](http://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](http://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](http://ReachOut.com Australia)



### Workout

Mental fitness app based on the principles of cognitive behaviour therapy. (FREE)  
[ReachOutIreland.com](http://ReachOutIreland.com)



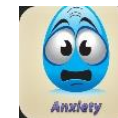
### iCounselor: Anger Management

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](http://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](http://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)** 🍏

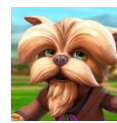


### Positive Penguins

Interactive journey to help children

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

[www.positivepenguins.com](http://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)** 🍏

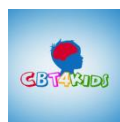
[www.takeastandtogether.gov.au](http://www.takeastandtogether.gov.au)



### 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/](http://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)**

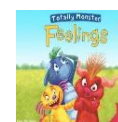


### Emotions, Feelings Colours

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.

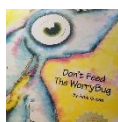


### The Bears

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](http://www.meetmrangryant.com)

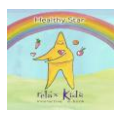


### Bigger Than A Bully

Assists children to deal with bullying

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

[www.biggerthanabully.com](http://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](http://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](http://www.headspace.org.au)

### **Youth Beyond Blue**

Provides youth specific information about anxiety and depression.

[www.youthbeyondblue.com](http://www.youthbeyondblue.com)

### **Black Dog Institute**

Provides information, support and resources for mood disorders.

[www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au)

### **Somazone**

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

[www.somazone.com.au](http://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](http://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](http://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](http://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/](http://www.gozen.com/)  
[www.gostrengths.com/what-is-gostrengths/](http://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](http://www.generationnext.com.au/about-generation-next)

### **EHeadspace**

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

[www.eheadspace.org.au](http://www.eheadspace.org.au)

### **BiteBack**

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

[www.biteback.org.au](http://www.biteback.org.au)

### **Reach Out**

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

[au.reachout.com](http://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/](http://www.itsallright.org/)

### **Lifeline**

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

[www.lifeline.org.au](http://www.lifeline.org.au)

### **SuperBetter**

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

[www.superbetter.com](http://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](http://www.blackdogfilms.com)

### **Ecouch**

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

[www.ecouch.anu.edu.au](http://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](http://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](http://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](http://www.mindmatters.edu.au)  
[www.kidsmatter.edu.au](http://www.kidsmatter.edu.au)