

APPLICATIONS FOR EMOTIONAL HEALTH AND WELL BEING PAGE 1 of 2 (FOR ADULTS/TEENAGERS)

The following is a compilation of the many available smart apps that may assist young people's emotional well-being. Available on Apple iTunes App Store, costs and requirements may vary. Those with ☺ are also available as an android app on Google Play. Some also have accompanying websites.



Juice
Is a fun, easy to use energy and activity tracker that can be completed in under a minute a day.

(FREE) ☺

Also on windows

www.mindbloom.com/juice



Happify
Provides personalized activities to enhance happiness based on research from psychologists and neuroscientists.

(FREE) <http://happify.com/>



MindShift
Includes strategies to relax, develop more helpful ways of thinking, to help take charge of anxiety.

(FREE)



Bloom
Includes reminders to make healthy choices, stay connected with others and manage stress.



Workout
Mental fitness app based on the principles of cognitive behaviour therapy.



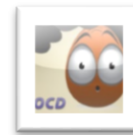
iCounselor: Depression
Includes rating scales and strategies to monitor and manage levels of depression.



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



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



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.



Smiling Mind
Mindfulness and wellness program which provides age specific (7-11, 12-15, 16-22 years and adults) meditation.

(FREE) www.smilingmind.com.au



One-Moment Meditation
Learn to meditate quickly and powerfully, finding balance and calm.

(FREE)

www.onemomentmeditation.com



Headspace
Includes techniques to help sleep, focus and get some relief from a busy mind. (FREE) ☺

www.getsomeheadspace.com



Take a Chill - Stressed Teens
Provides stress assessment, audio tracks and tips to aid relaxation.

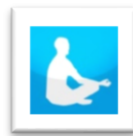
www.stressedteens.com



The Now - Mindful Living
Uses a technique called continuous mindfulness training, provides reminders to stay in the present moment.



@ppreciate
Promotes good self-esteem and positive communication between young people. (FREE)



The Mindfulness App
Includes guided and silent meditations, body scan, mindfulness and a reminder function.



Chillax
Uses a unique combination of soothing music, relaxing sounds and binaural beats for relaxation.

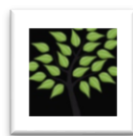


Toxic Thinking
A guide and an action plan for mental health and what to look out for in others. (FREE) ☺

www.toxicthinking.info



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



Gratitude Tree
Just like a journal entry, fill out one leaf each day; then as your tree blooms, look back at your messages--a reminder of how gratifying life truly is. (FREE)

(FREE)



MoodKit
Draws upon the principles of Cognitive Behaviour Therapy, includes thought checker, mood tracker and journal.



Gold Coast Youth Info
Provides useful information and links to local services.

(FREE) ☺



National Drugs Campaign
Provides useful information and strategies for students, parents and school staff about illicit drug use. (FREE)

www.drugs.health.gov.au



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

The content presented is for your information only. 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 or a counsellor if you have any questions or concerns

Pamela Day, District Ed LinQ Co-ordinator, June.2014.

APPLICATIONS FOR EMOTIONAL HEALTH AND WELL BEING PAGE 2 of 2 (FOR CHILDREN)

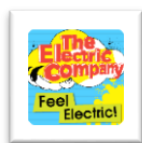
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Positive Penguins

Interactive journey to help children understand why they feel the way they do and how they can challenge their negative thoughts.

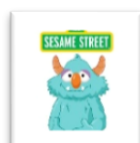
www.positivepenguins.com



Feel Electric

Empowers children to explore their emotions by building expressive vocabulary skills; features three fast-paced games, a digital diary, story maker.

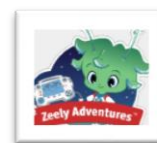
(FREE) ☺



Breathe Think Do

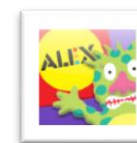
Provides tools to help children build skills for resilience and overcome everyday challenges and stressful situations. (FREE) ☺

www.SesameStreet.org/Challenges



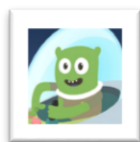
Discovering Emotions with Zeely

An innovative, educational tool that teaches children how to identify emotions and practice recognizing facial expressions. (FREE)



Moody Monster

Is a place to learn about dealing with emotions and problem solving through engaging and interactive games. (FREE)



Allen Adventure

Interactive story 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



My Emotions

Interactive storybook of emotions, includes a special bonus of memory match game, with rising levels of difficulty. (FREE) ☺



Wince - Don't Feed The Worry Bug

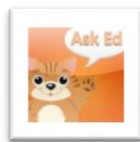
Using an animated, rhyming story, join Wince as he discovers the secret to keeping his worries from getting monstrous.



Meet Mr Angry Ant

Teaches young people how to deal with anger. Includes eBook and teaching resources. (FREE)

www.meetmrangryant.com



Ask Ed

Helps children to identify and express their feelings, empowering them to solve their own problems and feel good about themselves.



Friends for life

Reinforces the concepts learnt in the FRIENDS program through a fun, interactive electronic medium. ☺



Emotions Playkit

A multi-sensory method to help children identify and express feelings. Includes calming activities, music and an interactive mirror.



CBT Tools for Kids

Allows children to develop strategies for understanding and managing their thoughts, feelings.



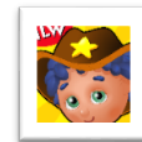
Cbt 4 kids Toolbox for Ipad

Children are introduced to Cognitive Behaviour Therapy through interactive modules



iTouchiLearn Feelings

Gives children tools to express their feelings and develop social skills. (FREE and in app purchase)



Emotions, Feelings Colours

Uses animated clips to help children identify the emotions felt by the characters. (FREE)



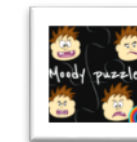
Autism Emotions

Uses music and a photo slideshow to help children learn different emotions. (FREE)



My DPS

Uses animated characters to identify emotions and coping strategies.



Moody Jigsaws

Uses puzzles to help children understand emotions. (FREE and in app purchase)

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