



Useful Apps

Below are a variety of Apps that you might find useful. Most are free but some are available for a small fee.

Keeping You Safe:



Beyondnow – 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.



Daisy – links to local services and helplines for women in domestic violence situations. The app lists the services you can expect when you call them and what their opening hours are. The app has a 'quick exit' function, and an emergency call button.



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



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.



bSafe – an app to alert your friends that you have arrived safely at your destination, and send location information to those in your network. The app also has an SOS button that can activate and send your location to your pre-determined guardians.



Watch over me – similar to bSafe where you can set it up to track your location for a period of time until you reach your intended destination. If you don't confirm your safety by the time allocated, the app contacts your designated friends with your GPS location. Shaking your phone can also trigger an alert.



Kitestring – checks up on you with a simple text message and you reply to check in. If you don't reply this app will send your emergency contacts a personalised alert message.

Mental Health and Wellbeing:



Black Dog Snapshot – If you're not sure you need professional help but want to keep track of your mental wellbeing, this app helps you to monitor your mood and wellness. It also gives you an overview of your mental wellbeing over time and provides Australian population norms for your age and gender.



Mindshift – is for teens and young adults to deal with anxiety in effective ways. It helps teens develop helpful ways of thinking, and dealing with anxiety-inducing situations.



Headspace – a personal, meditation guide right in your pocket. It can help to minimise stress and helps to stay focused and boosts self-compassion.



Calm – is the #1 app for meditation and mindfulness. The meditations are designed to help you manage anxiety, lower stress and sleep better. It is perfect for beginners but also caters for intermediate and advanced users.



Stop Breathe & Think – makes it easy to take a daily pause in your day to check in with yourself, and through regular practice, you can broaden perspective and ‘create your own personal force field of calm and peace’.



ReachOut Worry time - helps young people manage anxiety by confining worry to a specific time each day. Learning to capture and then postpone worry makes it less intrusive throughout the day, and can bring about a greater sense of control.



ReachOut Breathe – uses simple visuals to help young people slow down their heart rate through their breathing, increasing feelings of calmness and reducing physical symptoms of stress and anxiety.



1 Giant Mind – is an Australian guided meditation app that can help young people to learn how to meditate for improved mental health and wellbeing.



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

Education and Information:



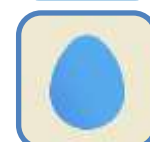
Sunny – is a 1800RESPECT app for women with a disability who have experienced violence and abuse. It has been co-designed with women with a disability to make sure it provides the very best support for the people who use it.



SECCA – is the Sexuality Education Counselling and Consultancy Agency and has designed this app to promote positive sexuality and healthy relationships through sexuality education.



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.



Mind the Bump - A mindfulness meditation tool for new and expecting parents. This app supports the mental and emotional wellbeing in the preparation of having a baby and becoming new parents.



The Check In – It’s not easy to start conversations with friends or family who you think might be struggling, or to know how to help once you do talk about it. This app helps guide young people through how to approach the topic of mental health, questions you could ask, how to respond and what you could do to best offer support.