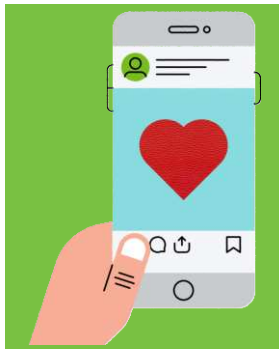


your online resources...

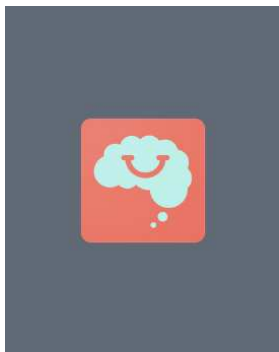


Whether you're waiting for your first appointment, or looking for something to do between appointments, start your online toolkit here.



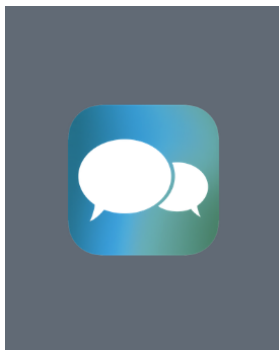
apps we love!

Our Youth Ambassadors have compiled this list of useful apps to assist you in building a healthier headspace. Thanks to our friends at the ReachOut foundation, these apps have also been professionally reviewed and endorsed. A more extensive list can be viewed at [ReachOut.com](https://www.reachout.com). On their website there you can filter recommended apps by your goals, cost, user ratings and health professional ratings. **Take ReachOut's online quiz and they will also help you find specific tools and apps to achieve your goals.**



smiling mind

A **free** daily mindfulness and meditation app for young people. Use this app for mindfulness meditation to help manage stress, build resilience, anxiety and depression and improve general health and wellbeing. Programs on smiling mind can be accessed in Aboriginal languages. **Available on the Apple Store and Google Play**



the check-in app

Want to check in with a friend but concerned about saying the wrong thing? The Check-in gets you to think about what you might say, if your friend denies a problem, or if you think you might say something silly. Help build your confidence to ask a mate how they're going and what to say if they're not okay. Starting a conversation can be as simple as asking 'Are you okay?' **Available on the Apple Store and Google Play**





reachout worrytime

A **free** app to help you deal with worries once a day, rather than carrying them around with you 24/7.

To help manage stress and anxieties decide on a time, place and length of time to deal with your worries each day.

A place to review your worries and ditch the ones that no longer matter to you.

Available on the Apple Store and Google Play



ibobbly

iBobbly is a **free** social and emotional wellbeing self-help app. Designed for young Aboriginal and Torres Strait Islander Australians aged 15 years and over.

It helps by showing you ways to manage your thoughts and feelings, as well as how to decide what is important in your life.

Brought to you by Black Dog Institute, ALIVE & Kicking Goals! and Men's Outreach Service Inc.

Available on the Apple Store and Google Play



calm harm

A **free** app that provides young people with tasks to help you resist or manage the urge to self-harm.

Young people can tailor the app to include only activities and skills that they find helpful and hide activities they don't.

The app is password protected to ensure a completely private space for users.

Available on the Apple Store and Google Play



recharge

A **free** app to improve general health and wellbeing by focusing on sleep, fun activities, increasing your exposure to daylight and increasing physical activity gradually over six weeks.

Recharge includes practical tips to improve your sleep routine and wellbeing, daily reports to track your mood, energy, exercise and sleep using graphs to help monitor your progress.

Available on the Apple Store





daybreak

A **free** to change your relationship with alcohol. Personalise your experience to help regain control and develop healthier habits.

Immediate support is available through a community who is always there when you need it or access trained health coaches anytime. Keep track of your personal progress through weekly check-ins, and set custom notification schedules.

Available on the Apple Store and Google Play



reachout breathe

A **free** app to assist young people to reduce the physical symptoms of stress and anxiety by slowing down your breathing and heart rate. Using simple visuals you can practice controlling your breath as well as measure your heart rate with the camera in your phone.

The exercises help you to actively address the onset of physical stress symptoms.

Available on the Apple Store



moodpath

A **free** written mood journal that uses progress reports and health assessments for reflection and guidance on how to improve wellbeing.

The app also uses written and audio exercises to help with anxiety and depression.

Reflect on your thoughts and emotions, create an overview of your moods, improve your mental wellbeing and read or listen to psychological exercises.

Available on the Apple Store and Google Play



daylio

Daylio is a **free** diary app that allows for goal setting, mood tracking and routine notifications.

The app uses this data to create personalised statistics and find what are the causes of individual moods.

The app contains a self-care bullet journal with goals, mood diary and happiness tracker. Keep a diary and capture your day without writing down a single word!

Available on the Apple Store and Google Play





our online resources

Locally our headspace centres have created some awesome resources, which have been produced with our Youth Reference Groups, Youth Ambassadors and Peer Support Workers. We encourage you to add these to your mental health toolkit.



yourspace: psychosocial recovery, online resources and tools

Our centre's Functional Recovery/Psychosocial and Community Engagement teams have created an online platform to you connected with the latest resources developed by our centre and keep up-to-date with our group programs.

The space includes:

- headspace blog series and tip videos
- Work and study advice
- Physical health and nutrition advice; and much more!

Go to your local centre's site via headspace.org.au



headspace sessions podcast

headspace Sessions Podcast is about all things youth mental health.

Recorded right here in South Australia at the headspace Adelaide podcast studio, each episode features topical content that is handpicked by the young creative team as well as special guests and experts.

Scan the QR code and subscribe for practical advice delivered in an educational, engaging and inspirational format.



follow us on socials

Want to know the latest goings on at our centre?

Keep up-to-date with our Facebook and Instagram profiles.

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Edinburgh North: @headspaceedinburghnorth

Marion: @headspacemarion

Onkaparinga: @headspaceonkaparinga

Sonder: @sondersa (our lead agency)