

Online & Phone Support



Contact List

CRISIS SUPPORT

Organization	Contact Details	Overview
Police/Ambulance/Fire (emergency)	000 24 hours, 7 days, free call	If someone is in danger right now, call 000 (free call) and request police, fire and ambulance as required.
Police/Ambulance/Fire (secondary emergency service number – ONLY DIALLED ON A DIGITAL MOBILE PHONE)	112 Secondary emergency service number from digital mobile phones only 24 hours, 7 days, free call	Call this number from a mobile phone if someone is in danger right now and request police, fire and ambulance as required.
Police/Ambulance/Fire (Emergency TTY contact)	106 (TTY) Speech or hearing impairment only 24 hours, 7 days, free from textphone (TTY) or computer	If someone is in danger right now, contact police, fire and ambulance as required. The service only operates using a textphone (TTY) or a computer with modern access rather than mobile phone text.
Coronavirus Health Information Line	1800 020 080 information 1800 022 222 if you have symptoms 24 hours a day, 7 days a week	If you have any concerns about yourself or another family member regarding the Coronavirus, ring this Health Department free information line 24 hours a day, 7 days a week.
13 HEALTH (medical health advice over the phone)	13 43 25 84 24 hours a day, 7 days a week	Free non-urgent, confidential medical advice from a registered nurse.
1300 MH Call (Mental Health)	1300 642 255 24 hours a day, 7 days a week	Free central call service that will refer to local crisis mental health information and services in the South East Brisbane area.
1800 Respect (National sexual assault, domestic family violence counselling service)	1800 737 732 24 hours a day, 7 days a week https://www.1800respect.org.au/	Free sexual assault and domestic and family violence counselling, information and support service.
National Suicide Call Back Service	1300 659 467	Suicide Call Back Service is a nationwide service that provides professional 24/7 telephone and online counselling to people who are affected by suicide. Phone for immediate help.
Queensland Sexual Assault Helpline (DV Connect Sexual Assault Helpline)	1800 010 120 7.30am-11.30pm 7 days a week	The Queensland Sexual Assault Helpline offers free telephone support and counselling to any Queenslanders who has, or thinks they may have been sexually assaulted or abused. It is also for those who are concerned someone they care about might have been assaulted or abused.
Alcohol and Drug Support (ADIS)	1800 177 833 24 hours a day, 7 days a week http://adis.health.gov.au/	Free alcohol and drug support and treatment referral and information service.

		Resources available (some resources are free and some have a cost attached).
Beyond Blue Support Service	1300 224 636 24 hours a day, 7 days a week https://www.beyondblue.org.au/ Online chat available 3pm-12pm 7 days a week.	Provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live.
Centrelink	132 850 8am-5pm, Mon – Fri https://www.humanservices.gov.au/individuals/subjects/crisis-and-special-help	Provides Crisis Payment, Special Benefit and other services that can help with crisis provided you meet the eligibility criteria.
Crime Stoppers	1800 333 000 24 hours a day, 7 days a week https://www.crimestoppers.com.au/home.jsp	Report information on crime, anonymously if preferred. Website includes online form to report crime and reports will be replied with in one day.
DV Connect Mensline	1800 600 636 9am-midnight 24 hours a day, 7 days a week http://www.dvconnect.org/mensline/	Helpline for men experiencing issues of domestic and family violence, relationship problems, separation issues, men's health, child support, family law concerns, court process, safety plans and suicidal thoughts.
DV Connect Sexual Assault Helpline (Queensland Sexual Assault Helpline)	1800 010 120 7:30am-11:30pm 7 days a week http://www.dvconnect.org/queensland-sexual-assault-helpline/	For people who have or think they have been sexually abused or assaulted, it is also for those who are concerned someone they care about might have been sexually abused or assaulted.
DV Connect Womenline	1800 811 811 24 hours a day, 7 days a week http://www.dvconnect.org/womenline/	Free helpline for women, children and young people experiencing domestic and family violence to obtain refuge accommodation, transport support, safety planning, counselling and referrals.
Elder Abuse Helpline	1300 651 192 Monday to Friday 9am-5pm https://www.eapu.com.au/	Uniting Care Community provides free assistance to anyone who experiences, witnesses or suspects the abuse of an older person by someone they know and trust.
Gambling helpline	1800 858 858 24 hours a day, 7 days a week https://www.gamblinghelponline.org.au/	Free and confidential telephone helpline. Offers immediate information and assistance over the phone, crisis support and referral to your closest Gambling Help service.
Homeless Hotline	1800 474 753 24 hours a day, 7 days a week	Free helpline providing information and referral services for the homeless or those at risk of homelessness.
Kids Helpline	1800 551 800 24 hours a day, 7 days a week Call does not appear on phone bill	Free private and confidential telephone and online counselling service for children and young adults aged 5-25 year olds.

	https://kidshelpline.com.au/ Website includes 24/7 online counselling	
Lifeline Crisis Support and Suicide Prevention	13 11 14 24 hours a day, 7 days a week https://www.lifeline.org.au/ Crisis support chat function, available 7pm-midnight (Eastern standard time), 7 days a week	Free telephone counselling service for anyone requiring support, anytime, from anywhere in Australia. Website has a free Crisis Support Chat function.
National Disability Insurance Scheme (NDIS)	1800 800 110 Contact centre open Monday to Friday 8am to 8pm (local time)	The National Disability Insurance Agency (NDIA) is an independent statutory agency. Their role is to implement the National Disability Insurance Scheme (NDIS), which will support a better life for hundreds of thousands of Australians with a significant and permanent disability and their families and carers.
Poisons Helpline	13 11 26 24 hours, 7 days a week	Calls to the Queensland Poisons Information Centre are answered by Pharmacists specially trained in toxicology and the provision of poisons information. Centre staff can determine whether medical attention is needed and provide first aid advice, as well as offer poisoning prevention information.
Qlife - LGBTQIA+ Helpline	1800 184 527 Phone and web chat available from 3pm-midnight 7 days a week https://qlife.org.au/	Phone and web chat available from 3pm-midnight every day for peer support and referrals on sexuality, identity, gender, bodies, feelings and relationships.
Relationships Australia	1300 364 277 8-8pm, Monday - Friday 10-4pm Saturday https://www.raq.org.au/	Provides extensive support to individuals and families including counselling and mediation services for concerns such as family separation, relationship and family breakdown, gambling, financial concerns, family, and domestic violence prevention. Specific programs supporting ATSI, CALD, LGBTQIA+ identified persons.
Salvation Army Assessment Line Emergency Relief Assistance	1300 371 288 Monday - Friday, 9-5pm. https://www.salvationarmy.org.au/bayside/community-support/emergency-relief/	Provides immediate basic needs in times of crisis. Assessment of need can take place over the phone.
St Vincent de Paul	1800 VINNIES (1800 846 643) Monday – Friday, 8am-4pm	Provides immediate basic needs in times of crisis. Assessment of need can take place over the phone. Servicing Bayside region including Southern Moreton Bay Islands.

ONLINE SUPPORT

Organization	Contact Details	Overview
Australian Childhood Foundation	https://www.childhood.org.au/	Australian Childhood Foundation works to support children and families affected by abuse, neglect and violence. It provide information to families and professions on counselling, advocacy and research as well as training programs.
Australian Drug Foundation	https://adf.org.au/	Deliver high quality educational resources and up-to-date, evidence-based information to enable people to make informed decision; advocate for change in policy, systems and institutions. It has a drug information database and a library on the website.
The Benevolent Society	https://www.benevolent.org.au/	As Australia’s first charity, our vision is a just society where everyone lives their best life. We’ve been supporting people with disability, children, families, older Australians and carers since 1813. Not-for-profit and non-religious, we’re committed to people. Through a dedicated team, a network of service providers, partnerships and volunteers, we change lives.
Beyond Blue	https://www.beyondblue.org.au/	Provides information and support to help everyone in Australia achieve their best possible mental health (anxiety, depression, suicide prevention, pregnancy and early parenthood, grief and loss, substance use).
Black Dog Institute	https://www.blackdoginstitute.org.au/	Information and facts about mental illnesses, online self-testing, current treatments and wellbeing.
Blue Knot Foundation	https://www.blueknot.org.au/	Information and support for adult survivors of childhood trauma.
Bravehearts	https://bravehearts.org.au/	Bravehearts provides industry-leading child protection training and education programs, specialist child sexual assault counselling and support services, as well as engaging in research and lobbying.
Bullying No Way	https://bullyingnoway.gov.au/	Information for parents, students, and teachers on bullying prevention.
Brisbane Homeless Support Group	https://www.facebook.com/groups/203272480265341/	Provides information about services and support groups. Search “Brisbane Homeless Support Group” on Facebook.
Butterfly Foundation for Eating Disorders	1800 33 46 73 National Helpline 8am-midnight (Australian Eastern Standard Time) 7 days a week https://thebutterflyfoundation.org.au/	A free and confidential service for anyone in Australia, providing information, counselling and treatment referral for eating disorders, disordered eating, body image and related issues.
Carers Queensland	https://carersqld.com.au/	Provide carers with information, education, training, advocacy, counselling and other

		support services that may assist them in their caring role.
Carer Gateway	https://www.carergateway.gov.au/	An Australian Government initiative to provide carers' with a central place to find support including help and advice, respite and financial help.
Children of Parents with a Mental Illness	http://www.copmi.net.au/	Information and strategies for parenting with a mental illness and children living with a parent with a mental illness.
Child Wise	https://www.childwise.org.au/	Child Wise is committed to the safety and wellbeing and protection of all children from harm. Working with organisations of all sizes, across a range of different industries to achieve this mission. They provide a toll-free Child Wise Helpline from Monday-Sunday, 9am-5pm AEST which provides information, referrals for ongoing support, or information and guidance about engaging with the National Redress Scheme.
Early Childhood Australia	http://www.earlychildhoodaustralia.org.au/	Early Childhood Australia (ECA) has been a voice for young children since 1938. A peak early childhood advocacy organisation, acting in the interests of young children, their families and those in the early childhood field. ECA advocates to ensure quality, social justice and equity in all issues relating to the education and care of children aged birth to eight years.
Early Childhood Education and Care Queensland Government	https://earlychildhood.qld.gov.au/	The Department of Education, Early Childhood Education and Care is the regulatory authority responsible for administering the <u>National Quality Framework (NQF)</u> in Queensland. It is also the regulatory authority for services captured under the <u>Education and Care Services Act 2013</u> .
NDIS Early Childhood Early Intervention (ECEI)	https://www.benevolent.org.au/services-and-programs/list-of-programs/ndis-early-childhood-early-intervention-ecei	Supporting children with developmental delay. An evidence based and best practice approach, Early Childhood Early Intervention (ECEI) supports children 0-6 with developmental delay or disability, and their families and carers. We offer this program in Caboolture, Brisbane and Loganholme on behalf of the NDIS.
Family and Child Connect	http://familychildconnect.org.au/	Family and Child Connect can help with a range of family and parenting challenges. They can talk with you about your situation and work out the type of support you might find helpful. It is a free service that you can use as often as you need.
eSafety Commissioner	https://www.esafety.gov.au/	eSafety is still the only government agency solely committed to keeping citizens safer online. eSafety strives to deliver comprehensive, compassionate and citizen-focused services. To achieve our Mission and Vision, eSafety focuses

		on six areas, each underpinned by a strategic goal and implemented by a range of well-tested tactics and activities.
Headspace	https://headspace.org.au/	Mental and general health support, information, and services for young people and their family.
Head to Health	https://headtohealth.gov.au/	Directory of resources, including helpful apps, online and phone chat lines, mental health information and links to other websites providing useful resources.
Health Direct Australia	https://www.healthdirect.gov.au/	Healthdirect provides access to health information and advice online and over the phone. The website has links to health resources from trusted Australian organisations. Or phone 1800 022 222 and speak to a registered nurse, 24 hours a day, 7 days a week.
Department of Health	https://www.health.gov.au/	For the latest in health advice and health topics head to this website as the official government website on health matters.
Job Search	https://jobsearch.gov.au/	Online employment website funded and operated by the Australian Government.
Kidshelpline	https://kidshelpline.com.au/	Kids Helpline is Australia's only FREE, private and confidential 24/7 phone (1800 55 1800) and online counselling service for young people aged 5 to 25.
Kidsafe Qld	https://www.kidsafeqld.com.au/	We work to reduce childhood injuries by improving safety at home, play and on the road. We have advisory and inspection services as well as products for hire and for sale. Kidsafe can be found in several locations in Queensland - not just in Brisbane.
Lifeline Service Finder	https://lifeline.serviceseeker.com.au/	A community directory of free or low cost health and community services available in Australia.
Living Well	https://livingwell.org.au/	Living Well is an Australian service, and resource, that provides information, encouragement and support to men who have experienced childhood sexual abuse or adulthood sexual assault. Living Well also provides assistance to supporters of these men; their partners, friends, family and service providers.
Mental Health in Multicultural Australia	http://www.mhima.org.au/	Information about mental health issues and suicide prevention in culturally and linguistically diverse communities.
Mental Illness Fellowship of Australia	https://www.mifa.org.au/en/	Information and support about psychosis and other mental illness (national network delivers local solutions based on community strengths).
My Community Directory	https://www.mycommunitydirectory.com.au/	Statewide community directory for all services.

National Association for Prevention of Child Abuse and Neglect (NAPCAN)	https://www.napcan.org.au/	Working toward preventing child abuse and neglect. Providing workshops and training, information and resources and key projects nation-wide.
Oneplace – Community Service Directory	https://www.oneplace.org.au	An online community service directory for Queensland parents, families and professionals looking to find support. Oneplace lists everything from parenting groups to domestic and family violence support services.
Pregnancy Birth and Baby	https://www.pregnancybirthbaby.org.a u/	This is a free, national 24-hour helpline offering information, advice and counselling about all aspects of pregnancy, birth and your baby’s first year – phone 1800 882 436.
Queensland Family and Child Commission	https://www.qfcc.gov.au/	Promoting well-being of children/young people, support families/communities to raise kids, and improve services, workforce and professional culture.
Reach Out	https://au.reachout.com/	Information and personal stories about mental health and wellbeing for young people, families, and school (with concise self-help start up).
Redland City Council	https://www.redland.gov.au/	Council-based services, support, interest and sport groups.
Sane Australia	https://www.sane.org/	Information and support for people affected by mental illness (phone calls, email and online chat available).
StandbySupport for Suicide	http://standbysupport.com.au/	StandBy – <i>Support after Suicide</i> is a program of United Synergies, established in 2002 to meet the need for a coordinated community response to suicide. StandBy is a suicide postvention program dedicated to assisting people and communities impacted by suicide.
Starting Blocks	https://www.startingblocks.gov.au/	Starting Blocks provides parents with information about early childhood education and care. Starting Blocks is a starting point to: - learn about children's <u>developmental milestones</u> - understand <u>what to expect</u> from an early childhood education and care service - <u>find services</u> and learn about their quality ratings - get tips on starting child care or preschool, and what can be <u>done at home</u> to encourage your child’s learning and development. The aim is to provide you and your family with trusted information, all in one place. Starting Blocks is managed by the <u>Australian Children's Education and Care Quality Authority (ACECQA)</u> . ACECQA is the national

		body, overseeing the implementation of the <u>National Quality Framework (NQF)</u> , which has been developed to improve the standard of education and care.
Support For Fathers	https://supportforfathers.com.au/	An online resource that focuses on the role of dads, the relationship between dad and their partner and the bond between dad and his child.
True	https://www.true.org.au/	Migrant and Refugee sexual and reproductive health service. Clinical, education and information services for relationships and sexual and reproductive health (state's largest provider of long-acting, reversible contraception).
Young Carers	https://youngcarersnetwork.com.au/	Website for young carers (people up to 25 years old) to learn about support services, access resources, and share their stories/opinions.
Young Affairs Network (YANQ)	http://www.yanq.org.au/	Queensland youth organization, representing individuals and organizations from Queensland's youth and community sector.
Youth Beyond Blue	https://www.youthbeyondblue.com/	Information and support for young people with mental health issues (anxiety, suicide prevention, bullying, grief and loss, substance use).
Youth Law Australia	https://yla.org.au/	Provide free, confidential legal information for young people under 25.

FREE POPULAR WELLNESS APPS FOR MOBILES AND TABLETS

APP	Cost/Availability	Overview
1 Giant Mind	FREE from APP Store/ Google Play	The 1 Giant Mind app is for anyone who wants to feel less stressed, more calm and present and experience greater health and wellbeing. Our approach to meditation is easy and effortless. No previous experience is required. Anyone can learn this technique in 12 short steps and begin to experience the benefits immediately.
101 Ways Revolutionary Ways to be Healthy	FREE from APP Store/ Google Play	This app offers practical skills and information to help you make healthier choices and form positive attitudes. It includes 101 ways to be healthy, as well as a library of articles that you can read at your own pace. Features: - get a daily nudge of healthy inspiration - shake your device for a random selection of articles - healthy-living library on topics including nutrition, activity and stress management - share articles on email, Facebook and Twitter.
Anxiety Helper	FREE from APP Store/ Google Play	anxietyhelper is a mental health toolkit for anyone, allowing them to get info on certain mental illnesses, find resources, and use tools to cope with day to day life. Use the app to learn about your own mental health, or to gain insight about the depths of mental illness.
Anxiety Reliever	FREE from APP Store/ Google Play	Relax, overcome anxiety and stress and fall asleep faster with the help of Anxiety Reliever. Immerse yourself in a relaxing, supportive and soothing environment. Anxiety Reliever consists of a Collection of Calming Audio Recordings, Helpful Guides, Insightful Anxiety Tracker, Breathe and Supportive Messages.
BeyondNow	FREE from APP Store/ Google Play	Beyond Blue app that enables you to create a personalized safety plan when you are experiencing suicidal thoughts, feelings, distress or crisis.
Breakup Shakeup	FREE from APP Store	Queensland University of Technology app that provides ideas for fun, easy things to do to help you cope after a breakup.
Breathe2Relax	FREE from APP Store/ Google Play	Breathe2Relax provides instructions for deep breathing exercises that can help reduce stress. Deep breathing has been shown to improve mood and deal with anger and anxiety. It can be used wherever you are, as a standalone tool or combined with other therapies.
Calm	FREE from APP Store/ Google Play	Calm is a guided meditation app to help reduce stress and enhance wellbeing. The 7-step program teaches you how to meditate, with adjustable nature scenes and relaxing music tracks. Sessions range from 2 to 30 minutes on the topics of focus, creativity, energy, confidence, sleep and more.
Calm Harm	FREE from APP Store/ Google Play	Developed for stem4 by Dr Krause Consultant Clinical Psychologist. Provides tasks that help you resist or manage the urge of self-harm. You can add your own tasks too, and it is completely private and password protected.

Chats for Life	FREE from APP Store/ Google Play	FREE. The Chats for life app will help you to plan a conversation with someone that you may be concerned about, who may be struggling or not going well. Designed with and for young people, a series of short videos will give you tips on how you may support their mental health and wellbeing. You can create and access your conversation plans and the video tips on your phone or tablet at any time and schedule chats with your friend or family member.
Daybreak	FREE from APP Store/ Google Play	Change your relationship with alcohol through Daybreak, a personalised mobile app that helps you reclaim control and develop healthier habits. Whether you want to cut back or quit drinking completely, Daybreak's supportive community will be there for you at every challenge. An initial interview guides you to clearly understand your personal goals and life context, from which Daybreak will recommend tailored activities that are proven to positively change your lifestyle habits. Keep track of your personal progress through weekly check-ins, and set custom notification schedules to help you when you are likely to need it most.
Get Prepared – Red Cross	FREE from APP Store/ Google Play	Prepare for any type of emergency with Australian Red Cross. Get Prepared helps you connect with your key support people, accomplish simple tasks to make you and your loved ones safer, and protect the things that matter most to you.
Happify	FREE from APP Store/ Google Play	Whether you're feeling sad, anxious and stressed, or you're dealing with constant negative thoughts, Happify app has effective tools and programs to help you take control of your emotional wellbeing.
Health Tap	FREE from APP Store/ Google Play	HealthTap offers trustworthy answers and healthy tips collected from more than 50,000 health professionals. Find out more about symptoms, conditions, health concerns and wellness topics, with daily health tips that are relevant to you. You can store health information, documents, scans and images privately, or share with your doctor.
LivingWell	FREE from APP Store/ Google Play	The Living Well App is specifically designed to assist men who have been sexually abused in childhood. Childhood sexual abuse can have a profound impact on men's lives and relationships. The app provides practical resources and suggestions that men who have been sexually abused can make use of. The information and resources draw upon research evidence and practice knowledge to offer suggestions that can enhance wellbeing and help better manage difficulties. This App is designed to complement, not replace, the work of a qualified health care professional.
LoveSmart	FREE from APP Store/ Google Play	LoveSmart provides you with scores and information on the health of your relationships. It focuses on key relationships factors such as friendship, communication, conflict and sensitivity. It gives you insights for improvements.
MoodMission	FREE from APP Store/ Google Play	MoodMission is based in cognitive behavioural therapy (CBT), which is an evidence-based psychological therapy for anxiety and depression. Anyone can use MoodMission, whether you just want a lift in your day or need a bit more help recovering from anxiety or depression.

My QuitBuddy	FREE from APP Store/ Google Play	<p>My QuitBuddy offers support to help you quit smoking. It includes tips and distractions to help you overcome cravings; graphs to chart your progress and facts to help you understand the impact smoking has on your health.</p> <p>Features:</p> <ul style="list-style-type: none"> - call Quitline directly from app - set your own goals and reasons for quitting - nominate a buddy to call in tough times - see how much money you've saved - set up alerts and danger times to stay on track - create a slideshow to remind you of your goals.
My Study Life	FREE from APP Store/ Google Play Web	<p>My Study Life is a cross-platform planner for students, teachers and lecturers designed to make your study life easier to manage. My Study Life allows you to store your classes, homework and exams in the cloud making it available on any device, wherever you are. My Study Life seamlessly syncs your data between devices, allowing you to use the app even when offline. You can add a task on the move from your phone or tablet and it will be instantly available on the web app.</p>
Onlyhuman	FREE from APP Store/ Google Play	<p>Onlyhuman is an app to help you feel better in your everyday life. Onlyhuman's formula is to use short films and simple tasks to boost wellbeing. The Onlyhuman team travelled the world and made 365 short films about how different people live. These films work together with evidence-based tasks (created by a team of experts) to boost your wellbeing.</p>
PAUSE	FREE from APP Store/ Google Play	<p>PAUSE is an interactive app that can help you regain focus and release stress. By slowly and continuously moving your fingertip across the screen, PAUSE triggers the body's 'rest and digest' response, helping you regain focus and release stress. The calming audiovisual feedback in the app is designed to help you keep your attention and focus.</p>
Ray's Night Out	FREE from APP Store	<p>Ray's Night Out was developed by young people and a team of psychologists, designers and app developers. Ray's main goal is to teach you how to drink alcohol safely while having fun. Buy Ray drinks and food, make him dance and flirt and play bar trivia, collect good vibe points to unlock rewards and take selfies. But take good care of Ray, don't let him cross his 'stupid line' for drinking – you know – the point where a good night out turns bad. Most of all have fun while you learn to identify your own stupid line for drinking.</p>
ReachOut Breathe	FREE from APP Store	<p>ReachOut Breathe helps you reduce the physical symptoms of stress and anxiety by slowing down your breathing and your heart rate with your iPhone or Apple Watch. Research shows that slowing your heart rate can increase feelings of calmness in your body. Using simple visuals, ReachOut Breathe helps you to control your breath and measures your heart rate in real-time using the camera in your phone. Allowing you to actively address the onset of physical stress symptoms such as shortness of breath, increased heart rate and tightening of the chest.</p>

ReachOut WorryTime	FREE from APP Store/ Google Play	ReachOut WorryTime interrupts this repetitive thinking by setting aside your worries until later, so you don't get caught up in them and can get on with your day. This means you can deal with worries once a day, rather than carrying them around with you 24/7.
Recharge	FREE APP Store	Recharge is a personalised six-week program that helps improve your general health and wellbeing by focusing on four key areas. These areas include practical tips to improve your sleep/wake routine and wellbeing, daily reports to track your mood, energy, exercise and sleep and graphs to help monitor your progress.
Recovery Record	FREE from APP Store/ Google Play	Recovery Record can help you manage your journey to recovery from eating disorders. You can keep track of you progress, get affirmations, set personalised reminders schedules and use other self-help activities.
Relax Melodies	FREE from APP Store/ Google Play	The Relax Melodies App allows you to combine and create your own sounds and melodies. It can help you fall asleep or you can create your own mix for relaxing and calming activities.
Relax with Andrew Johnson Lite	FREE from APP Store/ Google Play	This app provides you with relaxation techniques to help you unwind, slow down and de-stress. Being able to fully relax is vital for your health and wellbeing, and can help improve your mood and sleep. It has been developed by a clinical hypnotherapist who is dedicated to teaching people coping skills, therapies and life skills.
Self-Help for Anxiety Management (SAM)	FREE from APP Store/ Google Play	Self-Help for Anxiety Management (SAM) offers a range of self-help methods to help you manage anxiety. It has been developed by psychologists and provides 25 self-help options on anxiety, relaxation and health. You are encouraged to use the resources and tools in SAM to build your own anxiety toolkit that will help you cope when you're feeling anxious.
Smiling Mind	FREE from APP Store/ Google Play	Mindfulness meditation app. You can use the APP to practice your daily meditation and mindfulness exercises from any device. Designed by psychologists and educators to help bring balance to life.
Smoke Free	FREE from APP Store/ Google Play	Quit smoking with this app that's designed to help researchers understand how to help people stop smoking. You can also download the app without participating in the study. You'll receive tips to help you quit and can record the number of cravings you have each day and their severity. You can also keep a 10-second diary about your journey, to help you stay on track and inspire others along the way.
Stop, Breathe and Think	FREE from APP Store/ Google Play	The Stop, Breathe and Think App is designed to help you be more mindful and compassionate using a meditation guide. You can check in daily, track your progress, and feel calmer.
SuperBetter	FREE from APP Store/ Google Play	SuperBetter is a tool created by game designers to help you build resilience and get stronger, happier and healthier. Choose from over 25 power packs or design your own adventure for any area of life where you want to feel better. Each activity uses gaming techniques to help you tackle a tough challenge, change what isn't working and reach your goals. You can get support and help others while having fun.

The Check-in	FREE from APP Store/ Google Play	FREE. Designed by Beyond Blue and Two Bulls in consultation with young people. Provides strategies for anyone who wants to check in with a friend but is concerned about saying the wrong thing or making the situation worse.
Tide	FREE from APP Store/ Google Play	Tide lets you get things done by breaking up individual event among discrete intervals, separated by short breaks. It helps you stay focused in work and study. With one tap, you can easily start a focus and peaceful time accompanied by sounds of natural environment. Combining the most popular time management method with nature sounds.
WebMD	FREE from APP Store/ Google Play	WebMD provides interactive tips, tools, fact sheets and recipes to help you lead a healthier lifestyle. Content is reviewed by health professionals and tailored to your goals. Features include: <ul style="list-style-type: none"> - symptom checker and information on medical conditions - first aid essentials for medical emergencies - maps to find your closest doctor, hospital and pharmacy - daily news on healthy living topics that interest you - save, email and share on Facebook and Twitter
WellMind	FREE from APP Store/ Google Play	WellMind is designed to help you with stress, anxiety and depression. The app includes advice, tips and tools to improve your mental health and boost your wellbeing. Features include: <ul style="list-style-type: none"> - advice on stress, depression and anxiety - find out the symptoms of these common mental health problems - access advice on what you should do if you feel this way - read our self-help guides - view our Body Map to see how stress, depression & anxiety can affect the body - try 5 quick and easy tips to improve your mental health.
What's Up?	FREE from APP Store/ Google Play	What's Up? can help you cope with anxiety, stress and feelings of depression. It has interactive games, forums, thought tracking diary and helpful techniques to manage your feelings.