

Mental Health Related Tools, Resources and Sites

Agency/ Site	Web Address	Info/Blurb	Rating/ other info
Act belong commit	http://www.actbelongcommit.org.au/Take-the-Test.html	Self-Assessment Tool, is a tool that helps you rate your involvement in mentally healthy activities. The tool helps you identify what you can do to keep mentally health	10 min quick online test. I found it interesting.
The Mindfulness App: Meditation for Everyone	https://itunes.apple.com/au/app/the-mindfulness-app-meditation-for-everyone/id417071430?mt=8	This tool is available on iTunes and provides guided and silent mediations from 3-30min. It provides mediation reminders and mindful notices to help you be mindful for the day	
Headspace	https://www.headspace.com/	10 minutes a day on meditation with someone guiding you through each session	Meditation app
Smiling Mind	https://smilingmind.com.au/smiling-mind-app/	App on modern meditation developed by psychologists and educators to help bring balance to people's lives.	Useful for the time poor. A lot of 5-minute recordings.
Mind the bump	http://www.mindthebump.org.au/	Mind the bump is a free mindfulness meditation app to help individuals and couples support their mental and emotional wellbeing in preparation for having a baby and becoming a new parent. The app provides tailored exercises to support your mental and emotional wellbeing from day one of pregnancy through to 24 months after birth. The program is for mothers, fathers, single parents and the same sex couples. It can also be used by health professionals working with new and expecting parents.	
Black dog snapshot	https://itunes.apple.com/au/app/black-dog-snapshot/id975963397?mt=8	The Black Dog Snapshot is a free self-assessment tool that helps you to keep track of your mental wellbeing. Provides general feedback and options for online and offline help-seeking services in Australia.	
Happify	http://www.happify.com/	Happify brings you effective tools and programs to help you take control of your feelings and thoughts.	I found this quite useful with lots of positive things that could be helpful.
Moodprism	https://itunes.apple.com/au/app/moodprism/id1044879598?mt=8	This apps helps you learn about your mood by transforming daily mood reports into a colourful summary of your emotional health. The app provides feedback on your mood each day and information based on your daily mood, and links to mental health resources.	
ReachOut	http://au.reachout.com/reachout-	ReachOut Breathe helps reduce the physical symptoms of stress and anxiety by slowing	

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Breathe app	breathe-app?gclid=CjwKEAjwkK6wBRCcoK tiOT-zFASJAC7RAriRNRKxhYawzkvsUFvcYXQjKZZgu7YIHBDhnFX3pe4sRoCVrfw_wcB	down your heart rate with your mobile phone. This app is designed to help control breathing and heart rate, increase sense of calm and ease, the physical symptoms of stress	
Mindbody	https://www.mindbodyonline.com/get-the-app	Yoga, massage, group fitness, barre and more. Find the experiences that you love, and book them instantly on the Mindbody App	
Calm	https://www.calm.com/	Discover the power of meditation. Reduce anxiety, sleep better and feel happier	
Living in Love	https://itunes.apple.com/us/app/living-in-love/id727632835?mt=8	Deepak Chopra and Chopra Center Meditation present the guided meditation app Ananda - Living in Love. Mix and match 5 guided meditations with 5 musical tracks to create 25 unique meditation experiences. Customize the length of your meditation practice and control the sound balance between the music and meditation tracks to create a truly personal meditation library at your fingertips.	
Ananda	https://itunes.apple.com/us/app/ananda-meditate-focus-relax-premium/id740204574?mt=8	Ananda helps you meditate, focus and relax with progressive binaural tones and high quality peaceful sounds. -Enhance your brainwaves Choose from one of Ananda's numerous binaural programs to focus, relax, meditate, or even to get the most out of a nap. Each program comes with binaural beats designed to help you reach a specific mood or state of mind. -Discover a new ambiance every time Each session provides a subtly fresh, new ambiance. A unique combination of nature sounds, chants, mantras and peaceful bells is generated on top of binaural tones every time you start Ananda.	Cost is \$2.99 on iTunes 4.5 out of star rating

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		<p>-Recharge and feel good Take a break at home, at the office, or in the subway. Even a few minutes of Ananda will get you refreshed and ready to deliver your best while staying calm and zen.</p> <p>Main Features</p> <ul style="list-style-type: none"> - 13 Binaural programs - Conscious Thinking - Focus & Concentration - Increased Attention - Learn & Memorize - Creativity - Energize - Deep Meditation - Lucid Dreaming - Intuition - Relaxation - Restorative Sleep - Power Nap - Wake Up <ul style="list-style-type: none"> - Short description and benefits of every binaural program - High quality nature and peaceful sounds - Choose the sounds you prefer - Sounds are mixed together in a new way for every session - Simple and minimalist design - Information on brainwaves and binaural tones included in the app 	
Infinite	https://itunes.apple.com/us/app/infinite	Deepak Chopra and Chopra Center Meditation present the guided meditation app	Free 4.5-star rating on iTunes

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Abundance	ite-abundance/id881800969?mt=8	Ananda - Infinite Abundance. Mix and match 22 guided meditations from Deepak Chopra with 22 musical tracks to create your 484 unique meditation experiences. Customize the length of your meditations, adjust the balance between the music and meditation tracks to create a truly personal meditation library. Join our meditation community today to experience greater abundance, bliss and wellbeing!	
1 Giant Mind	http://www.1giantmind.org/get-the-app	<p>Now is the time - learn to meditate</p> <p>The 1 Giant Mind technique is for anyone who wants to feel happier, less stressed and more energised. Our approach to meditation is easy and effortless. No previous experience is needed. Anyone can learn this meditation technique in 12 easy steps.</p> <p>1 Giant Mind is an Australian guided meditation app that can help young people learn how to meditate for improved mental health and wellbeing. Learn more about the program, and get information on when it is appropriate to use it, find out what young people thought of it, and read professional advice and young people's tips for using it in practice.</p>	Free V2 Rated 4.8 and 5/5 stars