

# eHELP resources and information

## Health & Fitness apps

<b>Health Tap</b>	Trustworthy answers and healthy tips collected from more than 50,000 health professionals.
<b>WedMD</b>	Provides interactive tips, tools, fact sheets and recipes to help you lead a healthier lifestyle.
<b>101 Revolutionary Ways to Be Healthy</b>	Offers practical skills and information to help you make healthier choices and form positive attitudes.
<b>MiYo (Mind Yourself)</b>	Focuses on tracking key aspects of physical health and wellbeing such as sleeping, eating, connecting with friends and learning.
<b>Nike Running</b>	Tracks your run and helps you reach your goals. It includes training programs, coaching expertise and daily workouts to get you race ready.
<b>My Quit Buddy</b>	Offers support to help you quit smoking.
<b>Smoke Free</b>	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.
<b>Calm</b>	A guided meditation app to help reduce stress and enhance wellbeing.

## Dealing with Tough Times apps

<b>Panic Attack Aid Lite</b>	Helps you deal with the symptoms of a panic attack when you're out and about.
<b>In Hand</b>	<p>Taking you through different activities in times of stress or low mood, aiming to focus on where you're at and bring back the balance.</p> <p>Note: this app was developed in the UK. The emergency contact numbers are for the UK but the content can be accessed from Australia.</p>

## Relationships & Helping Others apps

<b>The Check-in</b>	Designed to help young people have a conversation with a friend who is struggling.
<b>Pay It Forward</b>	Sends a daily alert with a simple act of kindness to complete. You can track your progress and share your acts of kindness with friends and family.

## Thoughts & Emotions apps

<b>MiYo (Mind Yourself)</b>	Focuses on tracking key aspects of physical health and wellbeing such as sleeping, eating, connecting with friends and learning.
<b>Smiling Mind</b>	A modern meditation app for young people that uses mindfulness to boost calmness, contentment and clarity.
<b>In Hand</b>	<p>Taking you through different activities in times of stress or low mood, aiming to focus on where you're at and bring back the balance.</p> <p>Note: this app was developed in the UK. The emergency contact numbers are for the UK but the content can be accessed from Australia.</p>
<b>Breathe2Relax</b>	Breathe2Relax provides instructions for deep breathing exercises that can help reduce stress, anger and anxiety.
<b>ReachOut WorryTime</b>	An app for managing the time you spend worrying.
<b>Self-help for Anxiety Management</b>	Offers a range of self-help methods for people who are serious about learning to manage their anxiety.
<b>1 Giant Mind</b>	Teaches you how to meditate so you feel calmer, more rested and present.
<b>WellMind</b>	Designed to help with stress, anxiety and depression. Includes advice, tips and tools to improve your mental health and boost your wellbeing.
<b>MyCalmBeat</b>	Helps you manage stress through slow breathing to increase the variability of your heart rate to decrease stress, improve focus and build resilience.

## Other apps

<b>The Sorter (17+)</b>	All the answers on sex, love, friends, family, work, cash, study, booze and drugs. It comes with three levels of advice: everyday stuff; tough stuff; and really tough stuff.
<b>The Naked Truth</b>	An educational app explaining the laws surrounding Age of Consent & Sexting.
<b>Pure Rush (14+)</b>	A fun and engaging way to learn about illegal drugs. Players navigate through four Australian-themed levels, learning as they do about the potential harms associated with drug use.
<b>Take a Stand Together</b>	Provides students with tips and advice which they can apply to different bullying situations.
<b>On Track with The Right Mix (18+)</b>	Helps you keep track of your drinking over time to understand the impact it has on your health in both the short and long term.
<b>National Drugs Campaign (iPhone only)</b>	Allows instant access to information on illicit drugs and services for youth and parents.

## Websites

<b><a href="http://www.moodgym.anu.edu.au">www.moodgym.anu.edu.au</a></b>	An innovative, interactive web program designed to prevent depression.
<b><a href="http://www.ecouch.anu.edu.au">www.ecouch.anu.edu.au</a></b>	A self-help interactive program with modules for depression, generalised anxiety & worry, social anxiety, relationship breakdown, and loss & grief.
<b><a href="http://www.mindspot.org.au">www.mindspot.org.au</a> (18+)</b>	A free telephone & online service for adults troubled by symptoms of anxiety or depression.
<b><a href="http://www.brave4you.psy.uq.edu.au">www.brave4you.psy.uq.edu.au</a></b>	An interactive, online program for the prevention & treatment of childhood and adolescent anxiety.
<b><a href="http://www.clearyourvision.org.au">www.clearyourvision.org.au</a></b>	A do-it-yourself guide to quitting cannabis.

## Favourites

<b>eheadspace</b> <a href="https://www.eheadspace.org.au/">https://www.eheadspace.org.au/</a> 1800 650 890. 9am-1am AEST	<b>eheadspace</b> is a confidential, free and secure space where young people 12 - 25 or their family can chat, email or speak on the phone with a qualified youth mental health professional
<b>Wysa happiness chatbot</b> – available to try and or download on Facebook, Android and iOS	Wysa is an 'emotionally intelligent' chatbot which reacts to the emotions you express to manage anxiety, stress, blues, and depression. It uses evidence-based cognitive-behavioural techniques (CBT), mindfulness, meditation, breathing and yoga to help you feel better
<b>Calm Harm</b> – available to download on Android and iOS	The urge to self-harm is like a wave. It feels the most powerful when you start wanting to do it. Learn to ride the wave with the free Calm Harm app using these activities: <b>Comfort, Distract, Express, Yourself, Release, Random and Breathe.</b> When you ride the wave, the urge to self-harm will fade. Calm Harm provides tasks to help you resist or manage the urge to self-harm. You can make it private by setting a password, and personalise the app if you so wish. You will be able to track your progress and notice change.
<b>The Brave Program</b> <a href="https://brave4you.psy.uq.edu.au/">https://brave4you.psy.uq.edu.au/</a>	An interactive, online program for the prevention and treatment of anxiety. The program provides ways for young people to better cope with their worries. There are also programs for parents.
<b>BeyondNow</b> - suicide safety planning – available in an app, online and also printable versions	Convenient and confidential, the BeyondNow app puts your safety plan in your pocket so you can access and edit it at any time. You can also email a copy to trusted friends, family or your health professional so they can support you when you're experiencing suicidal thoughts or heading towards a suicidal crisis. BeyondNow is designed to be used as part of your overall mental wellbeing and safety strategy. It is not intended to be your only form of support. Ideally you should work with a health professional or support person to create your plan.

## Drugs and Alcohol

<b>Australian Drug Information Network (ADIN)</b>	Victoria help & support services - Alcohol and drug search directory. <a href="https://www.adin.com.au/help-support-services/victoria">https://www.adin.com.au/help-support-services/victoria</a>
<b>Alcohol and Drug Information Services (ADIS)</b>	24 hour Alcohol and Drug Information Services (ADIS) Victoria 1800 888 236 - (DirectLine)
<b>Turning Point – Counselling Online</b>	Free drug & alcohol counselling 24/7 <a href="https://www.counsellingonline.org.au/">https://www.counsellingonline.org.au/</a>
<b>Family Drug Support Australia</b>	24-hour support to families and friends of drug and alcohol users <a href="http://www.fds.org.au/">http://www.fds.org.au/</a> Call 1300 368 186

## Drugs and Alcohol – Youth Specific

<b>Youth Drug and Alcohol Advice service (YoDDA)</b>	Mon - Fri, 9am - 8pm: 1800 458 685 <a href="http://www.yodaa.org.au/">http://www.yodaa.org.au/</a>
<b>Working it Out with YoDAA Tool</b>	<a href="http://www.workingitoutwithyodaa.org.au/">http://www.workingitoutwithyodaa.org.au/</a> Working it Out with YoDAA Tool helps you work out where you're at with your drug and alcohol use. You will get feedback along the way and personalised outcomes at the end.
<b>YSAS - Youth Support and advocacy Service</b>	<a href="http://www.ysas.org.au/program-services">http://www.ysas.org.au/program-services</a> YSAS provides a range of programs and services for young people aged 12 to 21 years who are experiencing significant problems related to their alcohol or drug use. These programs are free, confidential and voluntary.
<b>YSAS - Youth Support Service (YSS)</b>	<a href="http://www.ysas.org.au/youth-support-service-yss">http://www.ysas.org.au/youth-support-service-yss</a> YSS is designed to support young people aged 10-17 who have had recent contact with police and who may be at risk of entering the youth justice system. YSS supports young people and their families to address problems before they become too serious. YSS is a voluntary service which operates independently of the legal process to help young people and their families achieve their goals.

## Interstate Rapid detox +/- rehabilitation

<b>Fresh Start Recovery</b> <a href="https://www.freshstart.org.au/">https://www.freshstart.org.au/</a> <i>(located in Perth, WA)</i>	Fresh Start concentrates on detox and developing a drug free lifestyle. Based on a model of recovery that emphasises the importance of evidence-based medical intervention, strong relationships, a stable home life, and empowering people to take up a responsible role in their community. Our approach to helping people with addictions is known as the PHREE model. Physiology, Housing, Relationships, Empowerment, and Exit.
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