

# USEFUL APPS FOR YOUR PHONE



April 2020

# Services



## **Policelink** *(free)*

Call police, hoon line & SES, send msg to neighbourhood watch, crime map, & access online reporting.



## **Emergency+** *(free)*

Call emergency services from the app & provide them with GPS coordinates. Gives advice re the best suited service.



## **Homelessness Australia** *(free)*

Contains details for emergency services, helplines, and ideas to find basic necessities when necessary.

### SERVICE FINDERS

<https://askizzy.org.au/>

<https://www.mycommunitydirectory.com.au/>

<https://www.lifeline.org.au/get-help/service-finder>

<https://www.oneplace.org.au/>

**ALL APPS ARE AVAILABLE IN GOOGLE PLAY & THE APP STORE**

**(unless stated otherwise)**

# Health & Mental Health



## **MyGrief**

*(free)*

This app provides support to grieving people, and those who support them.



## **MoodMission**

*(offers in-app purchases)*

Tell the app how you're feeling and receive a tailored list of 5 missions to help you feel better & improve your wellbeing.



## **niggle by Kids Helpline** *(free)*

Supports young people to identify & do something about their 'niggles'. Take home, self-help toolkit for mental, social & emotional wellbeing.



## **Exposure – Face Your Fears** *(free)*

Exposure therapy. Enter your own personal fear. Create a fear hierarchy. Complete exposure tasks while live updating your anxiety levels.



## **FearTools – Anxiety Aid** *(free)*

Especially useful for phobias, social anxiety disorder & generalized anxiety disorder. Contains info, thought diary, breathing, exposure & tests.



## **Check-In: Beyond Blue** *(free)*

An app to support users in approaching and facilitating a conversation with someone they think might be struggling.



### **Rise Up: Eating Disorder Help** *(free)*

Supports users struggling with food, dieting, exercise and body image. Log meals, emotions & behaviours. Connect with clinicians & more



### **MoodTools – Depression Aid** *(offers in-app purchases)*

To help combat depression and negative moods. Thought diary, energizing activities, safety plan, information, test & videos.



### **Living Well** *(free)*

Supporting men who've been sexually abused. Featuring: assessment, learning, breathing, community, manage difficulties.



### **Apart of Me** *(free)*

This app support bereaved youth. A peaceful, relaxing game that offers acceptance, wisdom & connection.



### **Beyond Now – Suicide Safety Plan** *(free)*

Helps you create a suicide safety plan like ReMinder, only much more basic.



### **Mind Ease: Anxiety Relief** *(free)*

A collection of the world's best exercises for reducing stress & anxiety. Customizable.



### **Curable** *(in-app purchases)*

Provides relevant information and tasks to assist in better understanding & managing the user's pain.



### **PTSD Coach Australia** (free)

An app to help users understand and manage the symptoms of PTSD.



### **BetterHelp** (weekly fee)

An affordable and convenient way to get professional help from licensed therapists and counsellors online.



### **ReMinder Suicide Safety Plan** (free)

Helps you create a suicide safety plan that can be accessed any time on your phone.



### **Thinkladder** (free)

Supports users to challenge unhelpful beliefs around stress, anxiety, relational conflict and depression.



### **Clear Fear** (free)

Provides a range of ways to manage anxiety, alter anxious emotions, thoughts and behaviours, and calm fear responses.



### **Calm Harm** (free)

Provides tasks to help you resist or manage the urge to self-harm. Password-protected. Personalise the app so it suits you.



### **MoodPrism** (free)

A research-based mood-tracker that turns the user's emotional health into colourful moodprisms.



### **13SICK – National Home Doctor** (free)

Book an after-hours, bulk-billed home visit by a doctor.

# Indigenous Specific



## **iBobbly** (free)

A social and emotional wellbeing self-help app for Aboriginal & Torres Strait Islander's aged 15 years and over.



## **Kurdiji 1.0** (free – ONLY IN GOOGLE PLAY)

Created by Warlpiri Elders to increase resilience & combat Aboriginal suicides. A collection of videos, games, stories &



## **AODconnect** (free)

A national directory of alcohol & other drug treatment services for Aboriginal & Torres Strait Islander people.



## **Deadly Tots** (free)

Information to support Indigenous families with babies. Get reminders on immunisations & helpful tips, add photos & contacts for local services.

# Women's Health



## **Mind the Bump** (free)

Provides tailored exercises to mentally & emotionally support you from day 1 of the pregnancy to 24 months after the birth.



## **Clue** (free)

This app is an accurate menstrual calendar, ovulation app and fertility tracker. Find patterns & manage your menstrual health.

# Relationships



## **The Arc App** (free)

For DV survivors to track abusive behaviour & record photos, videos, audio & diary entries of their abuse.



## **The Keep** (free)

For DV survivors to track abusive behaviour, record photos, text & audio of their abuse. This app is encrypted & disguised as a reminder app.



## **Daisy** (free)

An app that connects sexual assault and F&DV survivors to services that will support them.



## **Penda** (free)

For women considering separation/divorce because of F&DV. Contains financial tips, safety and legal info & referrals.



## **Sunny - 1800Respect** (free)

Helps women with disabilities to recognise, respond and get help if they are experiencing violence or abuse.



## **Parentship** (free – ONLY IN GOOGLE PLAY)

To support co-parenting. All the child's details in one place. Scheduling, minimises stress & stores important documents.



## **Talking Parents** *(monthly subscription)*

Designed for DV survivors' co-parenting with their abuser. Shared calendar includes every edit/deletion/view, recorded calls, secure messaging, personal journal, real-time notifications & attachments library.

# Addiction Support



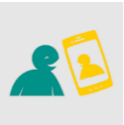
## **Daybreak – Alcohol Support** *(offers in-app purchases)*

Professional support to change your relationship with alcohol. Featuring: Peer community, personal improvement activity, anonymous & safe.



## **I Am Sober** *(offers in-app purchases)*

Supports users to stay sober. Tracks days, helps build new habits & provides ongoing motivation by linking you to a community.



## **My Quit Buddy** *(free)*

Supports users to quit smoking. Featuring: goals, personal bests, danger times, distract & remind me & access to a peer community.

# Financial & Employment



## **WiseList** *(free)*

An app to support users in tracking and managing bills, and putting together a budgeted grocery list.





**Pocketbook** (free)

A budget planner, money & expense manager. Sync your bank account, get bill reminders, track expenses and more.



**SkillsRoad Jobs** (free – ONLY IN GOOGLE PLAY)

An AUS app for career advice, quiz & profiles. Entry level jobs that you can apply for straight from the app.

## Mindfulness & Meditation



**Stop, Breathe & Think** (offers in-app purchases)

Check in with how you feel and receive a tuned mindfulness or meditation session to improve your day & help you sleep better.



**Insight Timer** (offers in-app purchases)

An app to support users in managing stress, anxiety & sleep issues with guided meditations, talks & music tracks.



**Smiling Mind** (free)

A mindfulness meditation app.



**Headspace** (offers in-app purchases)

A meditation and sleep app.

## Useful Phone Numbers

<b>Homeless Hotline:</b>	1800 474 753
<b>DV Connect (Women):</b>	1800 811 811
<b>DV Connect (Men):</b>	1800 600 636
<b>1800Respect:</b>	1800 737 732
<b>Lifeline:</b>	13 11 14
<b>Kids Helpline:</b>	1800 551 800
<b>QLife:</b>	1800 184 527
<b>Gambling Helpline:</b>	1800 858 858
<b>ADIS:</b>	1800 177 833



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“You can’t go back and change the beginning, but you can start where you are and change the ending.”

- C.S. Lewis

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