

# let's talk

## apps and online programs

### for mental health concerns



There are a number of apps and online programs that can provide you with great information and support you along your journey. While apps and online programs are useful resources to have in your toolkit, they are not intended to replace face-to-face therapy and it may be important to seek further professional support.

## let's talk: apps

### **Breakup Shakeup \***

Breakup Shakeup provides support to young people who have recently experienced a relationship break up. The app teaches young people coping strategies and how to re-think negative thoughts, while emphasising the benefits of social supports during recovery.

### **Daybreak**

Developed by Hello Sunday Morning, Daybreak is a personalised app that supports individuals to reclaim control over alcohol consumption and supports the building of healthy habits. The app includes peer support, personalised help and goal setting features.

### **HeadGear**

Developed by Black Dog Institute, HeadGear is a free self-guided app designed to build resilience and wellbeing through daily activities to help you manage stress, improve sleep and overcome difficult situations.

### **iBobbly**

iBobbly is a free social and emotional self-help app developed by Black Dog Institute for young Aboriginal and Torres Strait Islander Australians. The app provides help when it comes to managing thoughts and feelings and also deciding what is important in life.

### **Mood Mission**

Mood Mission is an evidence based app designed to help you learn better ways of coping with low moods and anxiety. Mood Mission costs \$7.99 to download from your App Store.

### **Smiling Mind**

Smiling Mind is a free mindfulness app designed to facilitate daily meditation and mindfulness exercises to reduce stress and anxiety, increase concentration and improve quality of sleep.

Apps can be downloaded from your App Store on Apple and Android devices

\*only available from Apple App Store

# online programs & support

**Bite Back** - [biteback.org.au](http://biteback.org.au)

Developed by Black Dog Institute, Bite Back is a free self-guided wellbeing and resilience program for young people.

**Carer and Lived Experience Forums** - [saneforums.org](http://saneforums.org)

Hosted and moderated by SANE Australia, these forums provide peer-to-peer support for those experiencing or caring for people living with complex mental health conditions.

**ifarmwell** - [ifarmwell.com.au](http://ifarmwell.com.au)

ifarmwell is a free self-paced program designed to help farmers and rural people cope effectively with life's challenges.

**MindSpot Clinic** - [mindspot.org.au](http://mindspot.org.au)

Developed by Macquarie University, the MindSpot Clinic offers free assessments and treatment-based courses for people experiencing symptoms of stress, anxiety, low mood and depression.

**myCompass** - [mycompass.org.au](http://mycompass.org.au)

Developed by Black Dog Institute, myCompass is a free self-help program for people with mild to moderate anxiety, depression and/or stress.

**This Way Up** - [thiswayup.org.au](http://thiswayup.org.au)

Developed by St Vincent's Hospital and University of Sydney, This Way Up provides a range of online programs for mental health conditions including depression, anxiety and post-traumatic stress disorder. All courses are \$59 for 90 days of access.

If you or someone else is in immediate danger call 000 or go to your nearest hospital emergency department.

## Contact your local RAMHP Coordinator

RAMHP has Coordinators based across NSW who provide specialist knowledge and support for people experiencing mental health concerns. **To find your local RAMHP Coordinator visit [www.ramhp.com.au](http://www.ramhp.com.au)**

ENTER YOUR POSTCODE  
TO FIND YOUR LOCAL  
RAMHP COORDINATOR

