

Appendix One - Quality e-mental health resources

A guide for young people, parents, carers and professionals

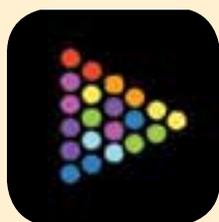
Young and Well CRC Apps for Young People



Breakup Shakeup - KidsHelpline data shows us that one of the main reasons young people ring KidsHelpline is because of a relationship breakup. Developed by with the Queensland University of Technology and young people, the app aims to help young people manage distress and improve their wellbeing during a romantic relationship breakup by providing ideas for fun, easy things to do to help cope and helping young people to plan activities and increase their social support to speed the recovery process. The use of the app by teleweb service providers such as Kidshelpline and eheadspace acts to support the counselling advice provided over the phone or online.



Goalzie - Reachout.com, Western Sydney University and digital agency Zuni worked with school children in the west of Sydney in NSW to design this app, which aims to help young people get into the practice of asking others for help if they're in trouble. It allows users to challenge their friends to complete goals (such as writing a resume or doing a workout) or face chosen consequences (such as washing the car, not using Facebook for two days etc). The app also promotes Next Step, a help-seeking decision support tool, designed with 13 youth service organisations to ensure that young people get to the right support in a few simple steps.



Music eScape - This app marries the evidence base from music therapy with the popularity of iTunes and Spotify. With just the swipe of a finger, young people can draw a music journey starting at how they currently feel and ending at how they want to feel, and the app matches this to a music journey that uses songs from their own music library.



Appreciate a Mate - The Safe and Well Online team conducted a five-year longitudinal study exploring the role of positive messaging and experiential learning. Based on evidence that gratitude is good for your mental health, young people can send customised messages, inspirational quotes and compliments to their friends using the '@ppreciate' app. They can then share the pictures on Instagram, Tumblr, Facebook and Twitter.



Recharge - Move Well, Sleep Well, Be Well - Bringing together the evidence regarding good sleep hygiene, this app is designed to improve young people's wellbeing (particularly men's) by helping to regulate their sleep/wake cycle. Participants are taken through a personalised six-week program helping to establish good sleep routines and encourage positive behaviours such as exercising.

Other Apps for Young People



Smiling Mind - A guided meditation app developed by psychologists and educators designed to help bring mental health and wellness into users lives. It has meditation programs suited for ages 7 to 11, 12 to 15 and 16 to 25 years.



ReachOut WorryTime - The app helps young people control anxiety by scheduling worrying so that it is confined to a specific time each day. Learning to capture and then postpone worrying makes it less intrusive and can bring about a greater sense of control.



ReachOut Breathe - The app helps young people to reduce the physical symptoms of stress and anxiety by measuring their heart rate through an iPhone or Apple watch and helping them to slow down their breathing by following visual prompts.



Headspace Meditation - This app provides free meditations for young people to help them find clarity and calm using evidence-based stress reduction and cognitive therapy techniques. It has programs for various age groups, starting from children aged '5 and under'.



The Check-in (by youthbeyondblue) - Developed in consultation with young people, this app helps young people to take the fear out of having a conversation with a friend who could be struggling. It provides building blocks for how they could approach their friend and give them the confidence to know what to do if their friend says they do need support.

Others



'Smart' fitness activity trackers - A variety of biometric devices (watches, wristbands or clip-on pedometers) are on the market which help users to improve their general wellbeing by increasing their exercise, tracking their progress towards short and longer term goals as well as setting positive sleep/wake cycles. These include (but are not limited to) brands such as Fitbit, Garmin and Jawbone.



Hello Sunday morning - Hello Sunday Morning is an online community platform that aims to promote a movement towards a better drinking culture. It encourages participants to share stories of how they have enjoyed their Sunday mornings after refraining from drinking too much alcohol. It also provides technology to support individuals in changing their relationship with alcohol, such as their 'Daybreak - Drink less' app.



Rewrite Your Story - Developed by the Office of the Children's eSafety Commissioner, Rewrite Your Story is interactive online information portal helping young people to receive guidance and support from friends and professionals relating to bullying, and empowering them to rewrite their story. It also contains resources for parents and teachers.



reword - This headspace tool is available online (not as an app) and helps young people to identify cruel or intimidating language in real time, prompting users to reconsider their potentially hurtful message or social media post before hitting send. Visit the reword website <http://reword.it>



ImageUp - This all-in-one app developed by Telethon Kids Institute in participation with young people allows them to post to Instagram, Twitter and Facebook at the push of a button, track their likes and retweets and keeps them Cyber Savvy about image sharing. Each time a young person posts they are shown short messages so they can pause for thought and decide if they really want to post the image. Helpful alternatives are also provided for when young people receive an unwelcome request.



The Toolbox - The Toolbox is a collection of more than 50 wellbeing apps endorsed by professionals, and rated by young people, that are available online. It is available at the Reachout.com website <http://au.reachout.com/sites/thetoolbox>



headspace.org.au - headspace has a two-page list of Apps for children and young people's mental health, available on its website headspace.org.au