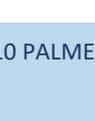


Apps for better wellness

Name of the App	Logo	Apple/Android	Cost	Brief Synopsis	Age
Ten Percent Happier Meditation		Apple & Android	Free	Want to sleep better, be more mindful, improve your relationships? Our guided meditations, videos, talks, and sleep content will help you build (or boost) your meditation practice, and stick with it.	12+
ReachOut Worrytime		Apple & Android	Free	The app is based on stimulus control training. This involves teaching yourself to contain worry to designated periods. The exercise of scheduling a time to worry helps you to practice better-thought habits.	12+
The Check in-app		Apple & Android	Free	This app helps people plan how to approach a friend in need. It takes you through four steps, getting you to think about where you might check-in, what you might say and how might you support your friend.	Adults and Teens
Waking Up: Guided Meditation		Apple & Android	Free	Discover daily mindfulness and meditation. Daily guided meditation sessions, on-demand mindfulness lessons as well as a practice timer will build your understanding and help turn meditation into a new habit.	12+
Mindset Hypnotherapy and sleep		Apple & Android	Free	Anxiety, self-doubt and negative thinking are caused by your mindset. Using Mindset, you'll take control of these unconscious thought patterns and create new, positive mental behaviours.	12+
Happify		Apple & Android	Free	Provides personalized activities to enhance happiness based on research from psychologist and neuroscientists.	Adults and Teens
Headspace		Apple & Android	Free	Includes techniques to help sleep, focus and get some relief from a busy mind (www.getsomeheadspace.com)	Adults
Mindshift		Apple & Android	Free	Includes strategies to relax, develop more powerful ways of thinking to help take charge of anxiety. This app includes tools to tackle anxiety; perfectionism; performance anxiety; worry; panic; and conflict.	Adults and Teens
Chillax		Apple	Free	Uses a unique combination of soothing music, relaxing sounds and binaural beats for relaxation.	Adults and Teens
Smiling Mind		Apple & Android	Free	Mindfulness and wellness program which provides guided meditation. The app asks you how you are feeling on a rating scale and then guides you through a short meditation.	7+



Stop, Breathe & Think		Apple & Android	Free	It allows you to check in with your emotions, and recommends short, guided meditations, yoga and acupressure videos, tuned to how you feel.	Adults and Teens
Calm		Apple & Android	Free (some payable content)	App for Sleep, Meditation and Relaxation.	7+
Insight timer		Apple & Android	Free	Guided meditations and talks. Join millions learning to meditate on Insight Timer to help calm the mind, reduce anxiety, manage stress, sleep deeply and improve happiness.	7+
Brighter Side: Black Dog Institute		Apple & Android	Free	BrighterSide is a self-help program for adults (age 18+) experiencing suicidal thoughts. Grounded in CBT and DBT therapies, with the Lived Experience community.	17+
Keep it Cleaner		Apple & Android	Free (some payable content)	Keep it Cleaner is a world-class wellness app offering a fitness program, wellness hub, run tracker, daily meal plans, hundreds of recipes, playlists, interval timer, goal setting and more.	Adults and Teens

Other apps

Name of the App	Logo	Apple/Android	Cost	Brief Synopsis	Age
My mood tracker		Apple & Android	\$9.99	To keep track of your mood through the day or the week	17+
Way of life		Apple & Android	Free	Good for tracking 3 personal goals.	17+
Bright Side		Apple & Android	Free	All that is beautiful, fascinating and inspirational about life has been gathered in one place. Our goal is to inspire you every single day. We observe and delight in the wonderful world around us, with you.	17+
My quit Buddy		Apple & Android	Free	My QuitBuddy helps you get, and stay, smoke free. It's with you through the hardest times with helpful tips and distractions to overcome cravings; tracking systems to chart your progress.	17+

