

Some Useful Apps for Stress Management

Just a Thought <https://www.justathought.co.nz/>

Free online NZ therapy course

CALM website. -Computer Assisted Learning for the Mind

www.calm.auckland.ac.nz/ Useful for managing stress depression and anxiety

Virtual Hope Box

<https://play.google.com/store/apps/details?id=com.t2.vhb&hl=en>

Virtual Hope Box is a multi-media coping skill app designed for individuals struggling with depression

Meditation Timer & Log

<https://play.google.com/store/apps/details?id=com.telesoftas.meditationtimer&hl=en>

This handy and lightweight meditation tool and keep track of your

Operation Reach Out

Encourage people to reach out for help when they are having suicidal thoughts.

<https://play.google.com/store/apps/details?id=suicide.prevention.app&hl=en>

PTSD Coach

PTSD Coach was designed for Veterans and military Service members who have, or may have, Posttraumatic Stress Disorder (PTSD)

<https://play.google.com/store/apps/details?id=is.vertical.ptsdcoach&hl=en>

Tactical Breather

Tactical Breather can be used to gain control over physiological and Psychological responses to stress

<https://play.google.com/store/apps/details?id=t2.tacticalBreather&hl=en>

T2 Mood Tracker

<http://myhealthapps.net/app/details/18/t2-mood-tracker>

Allows people with anxiety, brain injury, depression, post-traumatic stress, or stress to monitor their moods and their general well-being.

SPARX

SPARX is free in New Zealand. SPARX has been proven to help young people with mild to moderate depression and anxiety.

Reach Out <https://au.reachout.com/>

Australian youth mental health information service, includes a variety of

<https://play.google.com/store/search?q=Meditation%20Timer%20%26%20Log&c=apps&hl=en>

This is the Google App store with lots and lots of Apps