

WELLBEING APPS

All-rounder



Headspace

Headspace promotes taking ten minutes out of your day to listen and clear your mind, with meditation and mindfulness techniques. These techniques focus on everything from stress and focus to anxiety and sleep, giving you reminders to "get some headspace."

Stress & anxiety



My Possible Self

Monitor your feelings, recognise patterns and triggers in your behaviours and access self-help modules that cover a range of topics from stress to life changes.

Anxiety



Mind Shift

An app designed specifically for anxiety, Mind Shift aims to help people to stop avoiding their anxious thoughts, instead focusing on changing how you might think about anxiety.

Ideal for anyone who struggles to face challenges or deal with intense emotions

Suicide Prevention



notOK

Created by a struggling teen (and her brother), this app allows you to enter add five trusted contacts, so that when you press a large red button they are notified of your location via GPS and receive a message saying "Hey, I'm not OK. Please call, text or come and find me!"

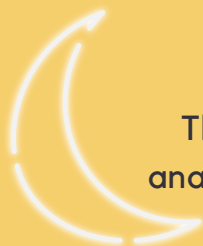
Depression



Happify

Want to train your brain like a muscle to overcome negative thoughts? Happify offers activity suggestions, games and prompts, all wrapped up as a fast-track to a good mood.

Sleeplessness



Sleep Cycle

Always waking up groggy and irritated? The Sleep Cycle app tracks your movements when you're sleeping and analyses sound, working to wake you up when you're in your lightest cycle of sleep!

You can also find the Dark Coffee podcast on Spotify, iTunes and all major platforms!