

crisis MENTAL HEALTH support



Phone helplines

Lifeline	13 11 14
Suicide Call Back	1300 659 467
Salvo Careline	1300 36 36 22
Kids Helpline	1800 551 800
Sane Australia	1800 187 263
Ozhelph	1300 694 357
MensLine Australia	1300 78 99 78

Online help

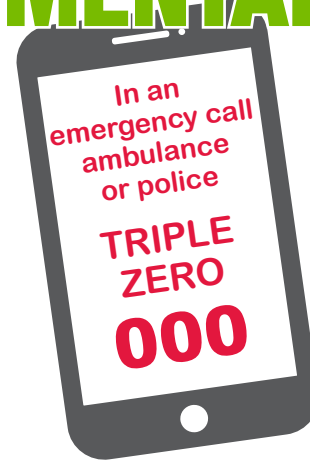
Lifeline	www.lifeline.org.au
Beyondblue	www.beyondblue.org.au
Mindhealthconnect	www.nmsupport.org.au
Headspace	www.headspace.org.au
Black Dog Institute	www.blackdoginstitute.org.au
Australian Drug Information Network	www.adin.com.au
Suicide Prevention	www.suicideprevention.com.au
Health Direct	www.healthdirect.gov.au/
Clinical Research Unit for Anxiety & Depression	www.crufad.com
National Alcohol & Drug Research Centre	www.ndarc.med.unsw.edu.au

Mental Health Crisis Teams

ACT	1800 629 354	SA	13 14 65
NSW	1800 011 511	TAS	1800 332 388
NT	1800 682 288	VIC	1300 363 746
QLD	1300 642 255	WA	1800 676 822



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APPS for MENTAL HEALTH



Buddify provides 4–30-minute meditations designed to suit the moment you're in. For exercise, taking a break, anxiety, sleep and more. Can be done alone or with friends.



Pacifica is a meditation toolbox to deal with cycles of unhelpful thoughts, feelings and behaviours associated with stress and anxiety. Provides activities and sets challenges.



Recovery Record helps people with eating disorders establish a positive relationship with food: record meals, thoughts and feelings; customises meal plans, recovery goals and coping techniques.



PTSD Coach Australia aims to assist people suffering, or potentially suffering, from PTSD. Self-assessment, professional care resources, stress tools, relaxation exercises, anger management and positive self-talk activities.



Smiling Mind offers mindfulness activities and guided meditations for adults and kids; at home, at school and at work.



10% Happier provides meditation for mental health, especially anxiety issues. Personal coaching and weekly updates.



Youper uses Artificial Intelligence to personalise techniques to fit your needs. Uses mindfulness and meditation, Cognitive Behaviour, and Acceptance and Commitment, therapies.



What's up helps cope with depression, anxiety, stress, etc. Track good habits; break counterproductive ones; over 100 questions to pinpoint your feelings; learn to stop negative internal monologues.



Daisy App connects Australian women to support services for sexual assault, family and domestic violence.



MY3 is an app managing suicidal thoughts and urges by connecting to your '3' emergency supports.



nOCD uses mindfulness and Exposure Response Prevention treatment for immediate and clinical guidance, and motivational support.



Self-help for Anxiety Management Build a 24-hour anxiety toolkit and learn different self-help techniques or connect with others for support.



UCSF Prime connects people with schizophrenia to their peers with a social network style interface. Allows users to track goals.



Headspace Learn the skills of mindfulness and meditation for stress and anxiety, sleep and focus. Provides a reminder to practice each day.



Pocket Rehab is a recovery assistance app. Connect privately and anonymously with peers or volunteers, 24/7.



Beyond now is a suicide safety planning app: a reminder of the reasons to live, and ways to stay safe.



CALM provides people experiencing stress and anxiety, with meditations, sleep stories, breathing programs and relaxing music.



Snapshot measures and monitors mental health and lifestyle factors that influence wellbeing. Provides general advice and offers recommendations.

The information contained here is for general information only. None of the material is, or should be regarded as clinical advice. St John Ambulance Australia Ltd accepts no liability or responsibility to any person as a consequence of any reliance upon the information contained here or in the listed applications. The user assumes all responsibility and risk for their general or personal use of any of these applications.

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