

## WHEN LIFE FEELS ROUGH

When it's all feeling too much and you can't cope on your own, check out the 'Where to Get Support' PDF or access the websites or apps below:



<https://headspace.org.au/>



<https://www.beyondblue.org.au/>



<https://www.blackdoginstitute.org.au/>



### Mood Meter app

<https://moodmeterapp.com/> Developed in association with the Yale Centre for Emotional Intelligence and their RULER program, this app requires the user to check in as often as they want in order to record the emotions they are feeling, and what they are doing. The app is designed to expand the user's emotional vocabulary (great for building emotional intelligence), spot behaviours that are precursors to different emotions, consider strategies for improving their emotional regulation, and even see reports linking emotions with outcomes.



### Mindshift app

A tremendous app for teens and young adults to deal with anxiety in effective ways. The app is designed to help teens develop more helpful ways of thinking, and become proactive in dealing with anxiety-inducing situations.

[https://play.google.com/store/apps/details?id=com.bstro.MindShift&hl=en\\_AU](https://play.google.com/store/apps/details?id=com.bstro.MindShift&hl=en_AU)



### My Mood Tracker app

<https://www.moodtracker.com/> This was rated as the best health app a few years ago (so it's been around a while). The app is similar to the Mood Meter, but provides more information, and it can collect information on additional things like sleep, menstrual cycles, and so on. A lite version is available for free, but the paid version is superior because it gives a full history.



<https://www.brave-online.com/> **BRAVE** was developed for children and teenagers who experience Separation Anxiety Disorder, Social Phobia, Specific Phobia and Generalised Anxiety Disorder. This online cognitive behavioral therapy (CBT) program helps young people to learn new ways to manage their anxiety and fears. Young people complete one session per week over 10 weeks.



**Moodgym** is like an interactive self-help book which helps you to learn and practice skills which can help to prevent and manage symptoms of depression and anxiety.

[https://moodgym.com.au/?gclid=EAIaIQobChMIqOPSjq-56AIVFayWCh3tZQEdEAAAYASAAEgKQW\\_D\\_BwE](https://moodgym.com.au/?gclid=EAIaIQobChMIqOPSjq-56AIVFayWCh3tZQEdEAAAYASAAEgKQW_D_BwE)