



Apps for mobile devices

Keeping you safe



Beyond now – a suicide safety planning app. Convenient and confidential, this app puts your safety plan in your pocket so you can access and edit it at any time.



Daisy – links to local services and helplines for women in domestic violence situations. The app lists the services you can expect when you call them and what their opening hours are. The app has a 'quick exit' function, and an emergency call button



Positive Pathways – is for women experiencing domestic and family violence. It looks like a wellness app but its main purpose is for use in emergencies, with audio recording, automatic help messages and GPS location, as well as a one-touch 000 call function.



The Emergency+ app – developed by Australia's emergency services and their government and industry partners. The app uses GPS functionality to help Triple Zero (000) callers provide critical location details.



bSafe – an app to alert your friends that you have arrived safely at your destination and send location information to those in your network. The app also has an SOS button that can activate and send your location to your pre-determined guardians.



Penda – is a financial empowerment app for women with a domestic and family violence focus. It is free and easy to use with national safety, financial, legal information and referrals.



Arc – enables women experiencing family violence to track details of abusive behaviour by uploading photos, videos, audio and diary entries to record what happened and when.

Mental health and wellbeing



The Check In – Beyond Blue - it's not easy to start conversations with friends or family who you think might be struggling, or to know how to help once you do talk about it. This app helps guide young people through how to approach the topic of mental health, questions you could ask, how to respond and what you could do to best offer support.



MoodMission – helps you learn new and better ways of coping with low moods and anxiety. Tell MoodMission how you are feeling.



Headspace – a personal, meditation guide in your pocket.

Mental health and wellbeing continued



Calm – the #1 app for meditation and mindfulness.



Smiling Mind – daily meditation and mindfulness exercises.



Stop Breathe & Think – makes it easy to take a daily pause in your day to check in with yourself, and through regular practice you can broaden perspective and ‘create your own personal force field of calm and peace’.



Moodpath: Depression and Anxiety – is a written mood journal that uses progress reports and health assessments for reflection and guidance on improving wellbeing. Includes written and audio exercises.



1 Giant Mind – is a guided meditation app for improving wellbeing.



Living Well – is specifically designed to assist men who have been sexually abused in childhood and is designed to complement not replace the work of a qualified health professional.

Education and information



Sunny – is 1800RESPECT’s app for women with a disability who have experienced violence and abuse. It has been co-designed with women with a disability to make sure it provides the very best support for the people who use it.



SECCA – the Sexuality Education Counselling and Consultancy Agency has designed this app to promote positive sexuality and healthy relationships through sexuality education (for iPad, tablet or laptops – optimised for Google Chrome).



Coach Australia – is an app that provides education, information and self-assessment with tools that help you manage the daily stressors of living with PTSD.



Mind the Bump - A mindfulness meditation tool for new and expecting parents. This app supports the mental and emotional wellbeing in the preparation of having a baby and becoming new parents.

For a full review of mobile tools and apps, go to reachout.com