**Phone Apps to help with mental health:**

* **Perx**
Perx is a free app that allows you to keep track of your daily health tasks and be rewarded in return. You can add tasks such as mood tracking, steps walked, whether you’ve taken your daily medications, etc. Each day you complete all of the days tasks, you are given the opportunity to spin a wheel and possibly win gift cards to services such as Coles, Woolworths, Uber, Myer, Kmart, Amazon, etc.
Available on Iphone and Android
* **Moodpath**
Moodpath is a free app that allows you the chance to keep track of your mental health (specifically anxiety and depression related symptoms) by answering daily questions about your physical and emotional wellbeing. Every fortnight the app gives you a mental health assessment and allows you to share your assessment with mental health professionals if they are using the app.
Available on Iphone and Android
* **BeyondNow (suicide safety plan)**
BeyondNow is a free app created by the organisation Beyond Blue to help you create a safety plan to use in times of crisis or when experiencing suicidal ideation. The positives of having the safety plan in the app means it is quick to access when you may be struggling. The app gives you different parts to fill out such as your warning signs, your reasons to live, things you can do to keep yourself safe, and people you can connect with. The app also allows you to directly add your contacts from your phone into the app so that you can click one button and call them immediately. The app also allows you the option to share your safety plan with family, friends and your treatment team.
Available on Iphone and Android
* **Calm Harm**Calm Harm is a free app to use when experiencing urges to self-harm. The app uses Dialectical Behaviour Therapy techniques, to help you ‘surf the wave’ of your urges. It provides you with many different 5 or 15 minute activity ideas to do, depending on what’s causing you to have the urge to self-harm. The idea of the activities are to distract you for long enough that the urge lessens to either a manageable state, or passes altogether.
Available on Iphone and Android
* **Facetime**
Facetime is a free app already built into iphones, that allow you the option to video chat with friends and family who are also using iphones. This can allow you to stay connected and feel less alone whilst self-isolating.
Available on Iphone
* **Forest – stay focused**
Forest is a free app that allows you to take a step back from your phone and really focus on another task. When using forest, you ‘plant’ a tree in the app for a scheduled period of time. If you try to exit the app or use your phone to do something else, the tree will die. The aim is to build a forest of trees. Growing a tree in the app ensures you can have time away from your phone, which is especially helpful if you are struggling to stop scrolling social media and know you need to give yourself a break, or if you struggle to focus on something else (such as watching tv) without also looking at your phone.
Available on Iphones and Android