

## Some Useful Apps for Clients to Use for Stress Management

**Just a Thought**      <https://www.justathought.co.nz/>

Free online NZ therapy course

**CALM website.** -Computer Assisted Learning for the Mind

[www.calm.auckland.ac.nz/](http://www.calm.auckland.ac.nz/)    Useful for managing stress depression and anxiety

**Virtual Hope Box**

<https://play.google.com/store/apps/details?id=com.t2.vhb&hl=en>

Virtual Hope Box is a multi-media coping skill app designed for individuals struggling with depression

**Meditation Timer & Log**

<https://play.google.com/store/apps/details?id=com.telesoftas.meditationtimer&hl=en>

This handy and lightweight meditation tool and keep track of your

**Operation Reach Out**

Encourage people to reach out for help when they are having suicidal thoughts.

<https://play.google.com/store/apps/details?id=suicide.prevention.app&hl=en>

**PTSD Coach**

PTSD Coach was designed for Veterans and military Service members who have, or may have, Posttraumatic Stress Disorder (PTSD)

<https://play.google.com/store/apps/details?id=is.vertical.ptsdcoach&hl=en>

### **Tactical Breather**

Tactical Breather can be used to gain control over physiological and Psychological responses to stress

<https://play.google.com/store/apps/details?id=t2.tacticalBreather&hl=en>

### **T2 Mood Tracker**

<http://myhealthapps.net/app/details/18/t2-mood-tracker>

Allows people with anxiety, brain injury, depression, post-traumatic stress, or stress to monitor their moods and their general well-being.

### **SPARX**

SPARX is free in New Zealand. SPARX has been proven to help young people with mild to moderate depression and anxiety.

**Reach Out**      <https://au.reachout.com/>

Australian youth mental health information service, includes a variety of

<https://play.google.com/store/search?q=Meditation%20Timer%20%26%20Log&c=apps&hl=en>

This is the Google App store with lots and lots of Apps