**Anxiety/Depression**

- Moodgym Website
- Beyond Blue Website
- Reachout – Feeling Anxious Fact Sheet

**Worry/Stress/Panic Attacks**

- Smiling Mind Web & App
- Reachout Breathe App
- Reachout Worrytime App

**Supporting Friends**

- Youthbeyondblue CheckIn App

**Exercise**

- Couch-to-5k App
- Zombies, Run! App

**Drug use**

- Clear Your Vision
  A do-it-yourself guide to quitting cannabis

**Relationships/Emotional Wellbeing**

- Breakup ShakeUp App

**Internet/Device/Parent Monitoring**

- Checky App
- My Optus App (for Optus plans)
**Sleep**

Black Dog Institute Fact Sheets  
Sleep Fact Sheet  
Prof. Russell Foster TED Talk  
SnoreLab App  
Recharge App

**Coping, Suicide & Self Harm Prevention**

Headspace Website  
Kids Helpline - Teens  
BeyondNow App  
Pillboxie App  
iCope App for iOS  
actcompanion The Happiness Trap App