

Health and Wellbeing Websites and Apps



Christ Church
Grammar School
PERTH, WESTERN AUSTRALIA

Headspace headspace.org.au

Headspace is the National Youth Mental Health Foundation providing early intervention mental health services for 12 to 25 year olds. The service is designed to make it easy as possible for a young person and their family to get the help they need for problems affecting their wellbeing. This covers four core areas: mental health, physical health, work and study support and alcohol and other drug services. The services can be accessed through Headspace centres, online counselling service eHeadspace and postvention suicide support program Headspace School Support.

Reach www.reach.org.au

Reach supports and aims to improve the wellbeing of young people so they can be healthy and resilient to meet life's challenges and fulfil their potential.

Beyond Blue www.beyondblue.org.au

Statistics indicate that three million Australians live with depression or anxiety each and everyday. *Beyond Blue* provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live.

Young and Well CRC www.youngandwellcrc.org.au

The purpose of the *Young and Well Cooperative Research Centre (CRC)* is to explore the role of technology in young peoples' lives, and to determine how those technologies can be used to improve the mental health and wellbeing of those aged between 12 to 25. See more at www.youngandwellcrc.org.au/about/#sthash.oaDzy4X3.dpuf.

Reach Out www.reachout.com

Reachout.com is Australia's leading online youth mental health service that is accessed by over 110,000 Australians each month. The support service is available 24 hours a day, 365 days a year, offering practical information, tools and support to young people for everyday troubles or to those experiencing difficult times.

Mind Matters www.mindmatters.edu.au

The mental health of students affects all aspects of the school community from student engagement and academic achievement, to social adjustment and staff morale.

R U OK? www.ruok.org.au

Are you ok? While collaborating with Janina Nearn on a documentary to raise awareness, the team quickly realised the documentary alone wouldn't be enough. To genuinely change behaviour Australia-wide, a national campaign was needed. And from this realisation, and with Gavin and Janina's expertise and passion, *R U OK?* was born. Gavin remained a passionate champion of the fact a conversation could change a life, even as cancer ended his in 2011. His and Janina's legacy is ensuring all Australians realise a little question can make a big difference to those people struggling with life.

Kids Helpline www.kidshelpline.com.au

Kids Helpline is Australia's only free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25. For 26 years, Australia's kids and young people have been turning to their professional, specialised counsellors, no matter who they are, where they live or what they want to talk about. Looking for some tips? There is plenty of useful information on their website.

It's time we talked www.itstimewetalked.com.au

Reality and risk is based on a sophisticated, scholarly and politically sensitive understanding of pornography, sexuality and related issues. Most young people discover porn well before they encounter sex – perhaps even before they have kissed or held a partner. *It's time we talked* provides information around how to address this emerging problem, in a proactive and thought provoking manner.

VIA Survey

www.viacharacter.org/www

Find out your character strengths. Take this short, VIA character strengths confidential survey and discover your strongest attributes and values.

Mindset

mindsetonline.com

Mindset is a simple idea discovered by world-renowned Stanford University psychologist Carol Dweck, following decades of research on achievement and success - a simple idea that makes all the difference. Teaching a growth mindset creates motivation and productivity in the worlds of business, education and sports.

Office of the eSafety Commissioner

www.esafety.gov.au

The *Office of the eSafety Commissioner* is committed to helping young people share safe, positive experiences online and encouraging behavioural change, where a generation of Australian children act responsibly online - just as they would offline. The goal of this website is to empower all Australians to explore the online world safely.

Common Sense Media

www.commonsensemedia.org

Common Sense is a leading independent non-profit organisation dedicated to helping kids thrive in a world of media and technology. This website empowers parents, teachers, and policymakers by providing unbiased information, trusted advice, and innovative tools to help them harness the power of media and technology as a positive force in all kids' lives.

ThinkUKnow

www.thinkuknow.org.au

ThinkUKnow is an internet safety program delivering interactive training to parents, carers and teachers throughout primary and secondary schools across Australia using a network of accredited trainers.

Australian Institute of Family Studies
<https://aifs.gov.au/cfca/publications/young-people-and-their-parents-supporting-families-through>

The *Australian Institute of Family Studies* provides online support for young people and their parents during adolescence.

Smartphone and iPad apps

Smiling Mind

smilingmind.com.au

Smiling Mind is a unique web and app-based program developed by a team of psychologists with expertise in youth and adolescent therapy, mindfulness meditation and web-based wellness programs. Smiling Mind is a free tool that assists in improving the lives of young Australians, and is available online or as a smartphone app. See more at <http://smilingmind.com.au/blog/#!/category/background/what-is-smiling-mind>.

Headspace

headspace.com

The techniques used within the *Headspace* app have been refined and developed over many centuries. Headspace's aim is to cultivate awareness and compassion in order to help individuals understand both the mind and the world around us.

Calm

www.calm.com

Calm produces mindfulness meditation products. These include a digital service offering mindfulness-based guided meditations and sleep stories, available online and via Smartphone app.