

# Useful Apps



**Lifeback Tracker** – available on Android & Apple devices

An early intervention tool you can use to help ward off early signs of stress, before they escalate into more serious mind health challenges.



**BeyondNow** – available on Android & Apple devices

Convenient & confidential, suicide safety plan to assist you through tough moments with things such as thinking about your reasons to live, distracting yourself with enjoyable activities, coping strategies & people you can contact for support – your friends, family and health professionals.



**MyCalmBeat** – available on Android & Apple devices

Brain Exercises that helps improve your ability to manage stress through slow breathing.



**Smiling Mind** – available on Android & Apple devices

Modern meditation, a unique web & app-based program developed by psychologists & educators to help bring balance to people's lives.



**iCope** – available on Android devices

Automatically sends inspirational messages & reassuring statements, in your own words, to help you cope when you need it most.



**MyMoodTracker** – available on Apple devices

The fun yet powerful design will help you understand what causes your emotions to change & get you on the path to feeling good.



**Diary – Mood Tracker** – available on Android devices

Record moods & activities with statistical charts to help you understand your habits and mood patterns.



**Buddhify** – available on Android & Apple devices

Mindfulness-based meditation to help you de-stress, sleep better, and bring more awareness & compassion to all parts of your life.



**ReachOut Breathe** – available on Apple devices

ReachOut Breathe helps you reduce the physical symptoms of stress and anxiety by slowing down your breathing and your heart rate with your iPhone or Apple Watch.



**What Were We Thinking** – available on Apple devices, Android and IOS

WWWT is the perfect resource to introduce new parents to the What Were We Thinking! blog and free app, supporting the mental health of new parents. Incentive of Jeans Hailes Foundation for Women's Health