

Helpful Websites and Apps for Young People

Helpful Websites

Australian Child & Adolescent Trauma, Loss & Grief Network

<http://earlytraumagrief.anu.edu.au>

Information and resources for people caring for children and young people who might have experienced trauma, loss or grief.

Black Dog Institute

<https://www.blackdoginstitute.org.au>

Information for people experiencing anxiety, depression, bipolar disorder, or who are feeling suicidal. There's information for helping yourself and for helping someone else.

BRAVE – Online

<http://www.brave-online.com/>

BRAVE is an online program designed to teach young people the skills they need to reduce anxiety and to cope with difficult situations.

Butterfly Foundation

<https://thebutterflyfoundation.org.au/>

A foundation supporting all people who experience issues around eating disorders and who have trouble with their body image. The website explains eating disorders, has links to workshops, support groups and programs for both young people and their carers. They also have a national helpline you can call.

Headspace

<https://headspace.org.au>

Information, support and advice for young people aged 12-25, and their families, on a range of health topics including general health, mental health, wellbeing and alcohol and other drugs.

Head to Health

<https://headtohealth.gov.au/>

A website helping people find resources around mental health issues. The website has information around explain mental health issues, as well as what you can do to look after yourself or someone else.

Life in Mind

<https://www.lifeinmindaustralia.com.au/>

A website where you can search for suicide prevention and support programs in your local area to connect to.

Lifeline:

<https://www.lifeline.org.au/>

A national charity providing all Australians experiencing a personal crisis with access to 24 hour crisis support and suicide prevention services. Information, resources and support relating to school and study is also provided.

MoodGYM:

<https://moodgym.com.au/>

A free website based program that young people can use to learn how to manage symptoms of anxiety and depression.



www.ausgoal.gov.au/creative-commons



Government
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SA Health

Women's and Children's Hospital

Office of the e-Safety Commissioner:

<https://www.esafety.gov.au/>

Information and resources relating to online safety and cyber bullying are provided for young people, parents and schools. Assistance in reporting cyber bullying, illegal online content and image-based abuse is also provided.

Reach Out:

<https://au.reachout.com/>

Australia's leading online mental health organisation for young people and their carers. Support, tools and tips surrounding suicide prevention are provided.

SANE Australia:

<https://www.sane.org/>

A website fighting stigma and helping people understand mental illnesses. People's personal stories of living with a mental illness are available to read, as well as fact sheets and resources for what to do to help a friend or family member.

Youthbeyondblue

<https://www.youthbeyondblue.com/>

Beyond Blue's dedicated site for young people. Information, resources and support are available for young people dealing with anxiety/depression. There's a 24 hour helpline number listed, as well as online chat options.

Helpful Smart Phone Apps

Addiction

- Quit That!

Anxiety / Stress / Depression

- Mind Shift
- Self Help for Anxiety Management
- Happify
- Headspace
- Calm
- CBT Thought Record Diary
- Moodpath
- Harmony Hypnosis Meditation
- Smiling Mind
- Stop, Breathe & Think
- Insight Timer
- Magic Jigsaw Puzzles
- Breathe: Sleep & Meditation

Bipolar Disorder

- Imood Journal
- eMoods Bipolar Mood Tracker

Eating Disorder

- Rise Up and Recover
- RR: Eating Disorder Management

General Mental Health

- What's Up?
- Mood Kit
- Stigma
- Talkspace

Wellness

- The Mindfulness App
- My Wellness
- Smiling Mind

For more information

CAMHS

Women's and Children's Hospital

Level 1, 55 King William Road

North Adelaide SA 5006

Telephone: 09 8161 7198

www.wch.sa.gov.au/camhs

or contact your nearest team



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