

Apps

Apps can be useful in identifying symptoms of mental distress, supporting self-help techniques, or even just monitoring your overall wellbeing.

For more information on how to choose the right health app for you, see the Health Navigator website at <https://www.healthnavigator.org.nz/apps/h/how-to-choose-a-health-app/>.

General Apps

Clearhead

Clearhead is a New Zealand based app that uses a chatbot feature to design a personalised wellbeing plan. There are a variety of lessons and tools available for different issues.

Target group: 12+ years

Available from: Google Play and App Store

Cost: Free

Hello Mind

Hello Mind is an app that is rooted in result driven hypothesis (RDH), and contains 10 session treatments for a variety of issues that you can identify yourself.

Target group: 12+ years

Available from: Google Play and App Store

Cost: Free (3-day trial), Paid continuing

Melon

Melon is a New Zealand based app that aims to improve wellbeing using tools such as a health journal, check-in, coping tools and community support.

Target group: 12+ years

Available from: Google Play and App Store

Cost: Free

Mentemia

Mentemia is a New Zealand based app that was designed to help kiwis cope with COVID-19 by coaching them in mental wellbeing.

Target group: 12+ years

Available from: Google Play and App Store

Cost: Free

For more information about Mentemia, see <https://www.healthnavigator.org.nz/apps/m/mentemia-app/>

Sleep Restore

Sleep Restore is an app designed for sufferers of stress-related insomnia, and contains tracks and playlists to help someone fall asleep. Some tracks contain a bilateral stimulation component.

Target group: 12+years

Available from: Google Play and App Store

Cost: Free

SPARX (NZ)

SPARX is a New Zealand based online program for young people with depression, anxiety, or stress, and features interactive games that aim to teach CBT techniques and self-help skills.

Target group: 12-19 years

Available from: Google Play, App Store and Online

Cost: Free

For more information about SPARX, see <https://www.healthnavigator.org.nz/apps/s/sparx/> or the app website <https://www.sparx.org.nz/about>

T2 Mood Tracker

T2 Mood Tracker is an app for people who want to monitor and track their mood over time.

Target group: 12+ years

Available from: Google Play and App store

Cost: Free

For more information about T2 Mood Tracker, see
<https://www.healthnavigator.org.nz/apps/t/t2-mood-tracker-app/>

Wellmind

Wellmind is an app to help people cope with stress, anxiety and depression using self-help tools, mood tracking, and education.

Target group: 12+ years

Available from: Google Play

Cost: Free

For more information about Wellmind, see
<https://www.healthnavigator.org.nz/apps/w/wellmind-app/>

Virtual Hope Box

Virtual Hope Box is an app that has four components; tools to distract, to inspire, to relax, and to cope. It is based on cognitive behavioural principles, and may help users to manage depression, anxiety, or mood disorders.

Target group: 12+ years

Available from: Google Play and App store

Cost: Free

For more information about Virtual Hope Box, see
<https://www.healthnavigator.org.nz/apps/v/virtual-hope-box-app/>

Breathing, Meditation and Mindfulness apps

Breathe2Relax

Breathe2Relax is an app that helps users to learn relaxation breathing techniques which may be useful to manage stress and anxiety.

Target group: Anyone

Available from: Google Play and App Store

Cost: Free

For more information about Breathe2Relax, see
<https://www.healthnavigator.org.nz/apps/b/breathe2relax-app/>

Headspace

Headspace is an app that introduces users to meditation, before delving into more topic specific meditations and mindfulness. Only some content is free for use.

Target group: Anyone

Available from: Google Play, App Store or Online

Cost: Free trial version (Full content is \$18.99 a month)

For more information about Headspace, see
<https://www.healthnavigator.org.nz/apps/h/headspace-app/>

Smiling Mind

Smiling Mind is a guided meditation and mindfulness app for those who might want help getting started, or who want a clearer programme of meditations to go through.

Target group: 7+ years, though is more suited to teenagers and adults

Available from: Google Play and App Store

Cost: Free

For more information about Smiling Mind, see
<https://www.healthnavigator.org.nz/apps/s/smiling-mind-app/>

Apps for Anxiety

Mindshift

Mindshift is an app designed to help young people and adults manage anxiety, and includes education about different kinds of anxiety and some tips to manage them.

Target group: 12+ years

Available from: Google Play and App Store

Cost: Free

For more information about Mindshift, see
<https://www.healthnavigator.org.nz/apps/m/mindshift-app/>

Sanvello

Sanvello is an app to help you manage stress and anxiety using goal setting, wellness tools, relaxation and coping activities and a community for peer support.

Target group: 12+ years

Available from: Google Play and App store

Cost: Free

For more information about Sanvello, see

<https://www.healthnavigator.org.nz/apps/s/sanvello-stress-anxiety-app/>

Self-help Anxiety Management (SAM) app

SAM is an app designed by the University of West of England to help people cope with anxiety using self-help tools, anxiety tracking and education.

Target group: 12+ years

Available from: Google Play and App store

Cost: Free

For more information about SAM, see <https://www.healthnavigator.org.nz/apps/s/self-help-anxiety-management-app/>

Apps based on CBT

Calm Harm

Calm Harm is an app designed for young people based on something called dialectical behaviour therapy (a type of CBT). It has a wide range of activities, as well as a journal and logging function.

Target group: 12+ years

Available from: Google Play and App Store

Cost: Free

For more information about Calm Harm, see

<https://www.healthnavigator.org.nz/apps/c/calm-harm-app/>

CBT-i Coach

CBT-i coach is an app that was designed for veterans that had trouble sleeping, but includes a sleep tracker, CBT-based interventions, and reminders and education about changing sleep habits.

Target group: 12+ years

Available from: Google Play and App Store

Cost: Free

For more information about CBT-i Coach, see <https://www.healthnavigator.org.nz/apps/c/cbt-i-coach-app/>

Thinkladder

Thinkladder is an app designed to help people cope with depression and anxiety using self-help cognitive behavioural therapy (CBT).

Target group: 12+ years

Available from: Google Play and App store

Cost: Free

For more information about Thinkladder, see <https://www.healthnavigator.org.nz/apps/a/anxiety-apps/>

Goal Setting, Problem-Solving and Motivation Apps

Happify

Happify is a goal-setting app for anyone who would like to improve their person-wellbeing and learn more about positive psychology.

Target group: 12+ years

Available from: Google Play and App Store

Cost: Free (basic), Paid upgrade

For more information on Happify, see <https://www.healthnavigator.org.nz/apps/h/happify-app/>

SuperBetter

SuperBetter is an app designed to help you set goals, reward and monitor your own wellbeing using a game-based platform.

Target group: 13+ years

Available from: Google Play and App Store

Cost: Free

For more information on SuperBetter, see
<https://www.healthnavigator.org.nz/apps/s/superbetter-app/>

WOOP

WOOP is an app designed to help people change their habits using goal setting. WOOP stands for Wish, Outcome, Obstacle, Plan, and helps you to plan out your goal from the point of wishing it.

Target group: 12+ years

Available from: Google Play and App Store

Cost: Free

For more information on WOOP, see <https://www.healthnavigator.org.nz/apps/w/woop-app/>