



Digital Health Apps

This is a list of digital health apps which could be helpful to you during this time. Whilst many of the digital health apps are government funded the information in this resource is intended as a guide only. Queensland Health accepts no responsibility for the way this resource is used, changes to service details or quality of the digital health app.

| Digital Health App | COVID-19 | Access details |
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| Coronavirus Australia | The Australian government has launched a new Coronavirus Australia app to keep people updated about coronavirus. | Download the Coronavirus Australia app from the iTunes App store and or Google Play Cost: Free |
| Digital Health App | Substance Use | Access details |
| Daybreak | The Daybreak app helps people change their relationship with alcohol through a supportive community, habit-change experiments, and one-on-one chats with health coaches. | Download the Daybreak app from the iTunes App store or Google Play Cost: Free |
| My QuitBuddy | My QuitBuddy is an app to support all smokers to quit, featuring tips, distraction tools and an interactive community forum. | Download the My QuitBuddy app from the iTunes App store, Google Play , or the Windows Phone store. Cost: Free |
| Quit for you - Quit for two | Quit for you - Quit for two is an app for pregnant women, or those planning pregnancy, which provides support and encouragement to give up smoking. | Download the Quit for you – Quit for two app from the iTunes App store or Google Play Cost: Free |
| On Track with The Right Mix | The On Track with The Right Mix app helps you keep track of your drinking over time to understand the impact it has on your health in both the short and long term. | Download the On Track with The Right Mix app from the iTunes App store or Google Play Cost: Free |
| Digital Health App | Mental Health | Access details |
| Mindgauge | Mindgauge is an app that allows the user to easily and quickly measure and track their mental health, mood, and lifestyle so they can move towards being healthier and happier. | Download the Mindgauge app from the iTunes App store or Google Play Cost: Free |
| MoodMission | MoodMission is an app based on cognitive behavioural therapy designed to help individuals overcome low moods and anxiety by discovering new and better ways of coping. | Download the MoodMission app from the iTunes App store or Google Play Cost: Free |
| MoodPrism | MoodPrism is an app that helps individuals learn about their mood by transforming daily mood reports into a summary of their emotional health. | Download the MoodPrism app from the iTunes App store or Google Play Cost: Free |
| PTSD Coach Australia | The PTSD Coach Australia app can help people to learn about and manage symptoms that commonly occur after trauma. | Download the PTSD Coach Australia app from the iTunes App store or Google Play Cost: Free |

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| ReachOut Breathe | The ReachOut Breathe app is designed to help reduce the physical symptoms of stress and anxiety by slowing down your heart rate with your mobile phone. | Download the ReachOut Breathe app from the iTunes App store Cost: Free |
| ReachOut Recharge | The ReachOut Recharge app is a personalised six-week program to help improve mood, energy and general health and wellbeing as well as helping you sleep better at night | Download the ReachOut Recharge app from the iTunes App store Cost: Free |
| ReachOut Worry Time | ReachOut Worry Time interrupts this repetitive thinking by setting aside your worries until later, so you don't get caught up in them and can get on with your day. | Download the ReachOut Worry Time app from the iTunes App store Cost: Free |
| Smiling Mind | Smiling Mind is an app teaching mindfulness meditation to young people and adults. | Download the Smiling Mind app from the iTunes App store or Google Play Cost: Free |
| Snapshot | Snapshot is an app that allows Australian adults to measure and monitor mental health and lifestyle factors that influence wellbeing. | Download the Snapshot app from the iTunes App store or Google Play Cost: Free |
| Digital Health App | Suicide prevention | Access details |
| Beyond Now | The Beyond Now suicide safety planning app helps you stay safe if you're experiencing suicidal thoughts, feelings, distress or crisis. | Download the Beyond Now app from the iTunes App store or Google Play Cost: Free |
| Digital Health App | Domestic violence | Access details |
| Daisy | Daisy is an app developed by 1800RESPECT to connect people experiencing violence or abuse to services in their local area. | Download the Daisy app from iTunes store or Google Play Cost: Free |
| Digital Health App | Aboriginal and Torres Strait Islander | Access details |
| iBobbly | iBobbly is a wellbeing and suicide prevention self-help app for young Aboriginal and Torres Strait Islander Australians. | Download the Snapshot app from the iTunes App store or Google Play Cost: Free |
| AIMhi Stay Strong | AIMhi Stay Strong app is a therapist-guided app for Indigenous clients with wellbeing concerns, chronic disease, or substance misuse problems. | Download the AIMhi Stay Strong app from the iTunes App store or Google Play Cost: From \$7.99 |
| Digital Health App | Young People | Access details |
| The Check-in | The Check-in is an app to help young people take the fear out of having a conversation with a friend who might be struggling. | Download The Check-in App from the iTunes App store or Google Play Cost: Free |
| niggle | niggle is an app for youth designed as a self-help toolkit for all things related to mental, social and emotional wellbeing. | Download the niggle app from the iTunes App store or Google Play Cost: Free |
| Ray's Night Out | Ray's Night Out is an app to help youth increase their awareness of their drinking limits and promote safer drinking practices | Download Ray's Night Out app from the iTunes App store or Google Play Cost: Free |