

Free E-Therapy Tools	
Recommended by MoH, Mental Health Foundation, NZGP	
Resource and Link	Description
<u>1737 Need to Talk</u> 1737.org.nz Text or call 1737	Talk to a trained counsellor for free, anytime. When someone texts or calls 1737 a counsellor will work with the person to develop a care plan. This could include referral to another service, additional counselling or provision of information and support.
<u>Depression.org</u> depression.org.nz Free text 4202	This website helps New Zealanders recognise and understand depression and anxiety. Includes The Journal (Adult) and The Lowdown (Youth) – online self-help programmes. Support: 24 hour support via Telepresence – text, email, phone with trained counsellors Culturally Inclusive: Māori & Pasifika
<u>The Journal [NZ]</u> depression.org.nz	A free, personalised online programme for adults with depression or anxiety. JK, alongside mental health experts, act as guides through a series of online lessons. Support: Telepresence – text, email, phone with trained counsellor Culturally Inclusive: Māori & Pasifika
<u>Beating the Blues</u> beatingtheblues.co.nz	Treats depression and anxiety by using cognitive behavioural therapy (CBT). Educational programme – would require supportive follow up. Feedback to GP if concerns are raised by person's responses. Requires doctor referral. Culturally Inclusive: Māori & Pasifika
<u>e-couch Self Help</u> ecouch.anu.edu.au	A self-help interactive program with modules for depression, generalised anxiety & worry, social anxiety, relationship breakdown, and loss & grief. It provides evidence-based information and teaches strategies drawn from cognitive, behavioural and interpersonal therapies as well as relaxation and physical activity.
<u>Like Minds, Like Mine</u> likeminds.org.nz <u>Take the load off</u> taketheloadoff.nz	A public awareness programme to increase social inclusion and end discrimination towards people with experience of mental illness or distress. Support: Links to help if you have been discriminated against. Culturally Inclusive: Māori & Pasifika
<u>LeVa</u> leva.co.nz	Support Pasifika families and communities to unleash their full potential and have the best possible health and wellbeing outcomes. Education and information.

<u>Drug Help</u> drughelp.org.nz	A programme of the NZ Drug Foundation. Contains information and tools for people concerned about the negative effects of substance use. Support: Confidential helplines are available 24 hours a day, 7 days a week, free from landline or mobile. Alcohol Drug Helpline: 0800 787 797 www.alcoholdrughelp.org.nz Maori Helpline: 0800 787 798 Pasifika Helpline: 0800 787 799
<u>OUTline</u> outline.org.nz 0800 OUTLINE (688 5463)	Confidential and self-affirming LGBTIQ+ telephone support and face-to-face counselling. Information and resources.
Especially For Youth	
<u>The Lowdown</u> thelowdown.co.nz Free text 5626	An interactive website for young people featuring a self-test, fact sheets, a moderated message board and video clips from high profile young people talking about their experiences of depression. Support: The site gives access to a team of counsellors who provide email, phone, webcam and text-based support services for young people. Peer support in moderated forums. Culturally Inclusive: Māori & Pasifika - Aunty Dee
<u>Aunty Dee</u> auntydee.co.nz	A free online tool for anyone who needs some help working through a problem. Support: Sympathetic static guide Culturally Inclusive: Māori & Pasifika designed but appropriate for all ethnicities

First Floor, 100 McLeod Street, Cnr Omaha Road and McLeod Street, Hastings 4120 | PO Box 11141, Hastings 4158
Phone 06 871 5646 **Fax** 06 873 4960 **www.healthhb.co.nz**

SPARX sparx.org.nz	An interactive self-help online tool that teaches young people skills to help combat depression and anxiety. Uses a 3D fantasy game environment. Support: Avatar/virtual therapist. Youthline and Lifeline support via text or phone. Culturally Inclusive: Māori & Pasifika design but appropriate for all ethnicities because of customisable avatar.
ReachOut.com reachout.com	Australian youth mental health information service, includes a variety of apps and tools: <ul style="list-style-type: none"> Smiling Mind App: for web or iPhones: relaxation techniques and meditation exercises SMS tips: daily tips and challenges on themes like stress, problem solving, self-awareness and random acts of kindness WorkOut: an online training programme that tests and improves your mental fitness Reach Out Central: an online game where you can learn and test skills like problem solving and optimistic thinking in a virtual setting
RainbowYOUTH ry.org.nz	Dedicated to helping young queer and gender diverse (LGBTIQ) people up to the ages of 27, as well as their wider communities. Services: Information, Advocacy, Schools & Professional Development, Peer-support groups, Referrals, Consultation, Training & youth development.

Apps	
CalmKeeper [NZ] App for iPhones.	Designed by clinical psychologists, this app is designed to assist with managing anxiety and panic attacks by providing immediate access to tools to help you cope. Small cost for app.
Depression Calculator App for iPhones	Use this app to assess whether you may be depressed and make a tentative diagnosis of the severity of the depression. This app is based on a diagnostic tool specific to depression used by healthcare professionals.
Happier App for iPhones	Happier is a simple way to collect happy moments you find in every day, share them with close friends and family, and be reminded to do more of what makes you happier. Free with in-app costs.
Mood Diary App – The Phobic Trust App for iPhones anxiety.org.nz/resources/ mood-diary-app-iphone/	Enables you to record and monitor symptoms for panic attacks, rate and monitor sleep quality / medications / triggers; create a 'careplan' to keep you well – and what to do when if you are unwell; set alarms for medications or exercise; graph sleep, anxiety and mood and email reports to yourself or a clinician, and receive information and news about anxiety disorders.
MoodPanda App App for iPhones or android, or web based moodpanda.com	MoodPanda lets you to measure your daily moods and track the scores over time. You can connect to Twitter or Facebook to share your scores and be part of the supportive Moody Pandas community.
Moodscope App moodscope.com	Web-based app. Moodscope enables you to measure your daily ups and downs with a simple scoring system and track these scores over time. Your scores can be automatically shared with friends who have agreed to buddy you, includes a supportive daily email from the Moodscope staff.
MyHealthApps myhealthapps.net	UK-based directory of health apps with ratings by patients, carers and patient groups. Includes a range of mental health apps, under the categories of: ADHD, anxiety, autism spectrum disorder, coping with society at large, depression, general mental health, obsessive-compulsive disorder, panic-disorder, phobia, stress.
SAM – Self Help for Anxiety Management app sam-app.org.uk	The SAM app has been developed by a university team, the content is accurate and based on current psychological models. SAM will help you to understand what causes your anxiety, monitor your anxious thoughts and behaviour over time and manage your anxiety through self-help exercises and private reflection. The "Social cloud" feature will enable you to share your experiences with the SAM community while protecting your identity.