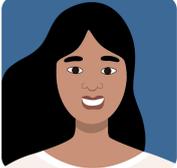


| Free E-Therapy Tools | |
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| Recommended by MoH, Mental Health Foundation, NZGP | |
| Resource and Link | Description |
| <u>1737 Need to Talk</u> 1737.org.nz Free text or call 1737 | Talk to a trained counsellor for free, anytime. When someone texts 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. |
| Especially For Youth | |
| <u>The Lowdown</u> thelowdown.co.nz Free Call: 0800 111 757 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>What's Up</u> whatsup.co.nz Free call: 0800 942 8787 | For ages 5-18. Phone Counselling is available Monday to Friday midday – 11pm and weekends, 3pm-11pm. Online chat is available from 5pm-11pm 7 days a week, including all public holidays. |
| <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 |
| <u>Youthline</u> youthline.co.nz Free call: 0800 376 633 Free Text: 234 Email: talk@youthline.co.nz | Call or online chat 11am-11pm 7 days a week |
| <u>SPARX</u> sparx.org.nz Free Call: 0508 477 279 Free text: 3110 | 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. |
| <u>Kidline</u> 0800 5430754 | For young people up to 18 years of age. Open 24/7 |
| <u>RainbowYOUTH</u> 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. |
| <u>Ask Aroha</u>  | A chat bot which is compatible with facebook messenger, designed to help young people cope with stress, sign up at https://portal.habits.auckland.ac.nz/Portal/#/landing-covid19bot-trial |
| Mental Health Services | |
| <u>Depression.org</u> depression.org.nz Free text 4202 Free Call: 0800 111 757 | 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 |

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| <p>The Journal [NZ] depression.org.nz</p> | <p>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</p> |
| <p>Beating the Blues beatingtheblues.co.nz</p> | <p>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</p> |
| <p>Like Minds, Like Mine likeminds.org.nz Take the load off taketheloadoff.nz</p> | <p>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</p> |
| <p>LeVa leva.co.nz facebook.com/LeVaPasifika</p> | <p>Support Pasifika families and communities to unleash their full potential and have the best possible health and wellbeing outcomes. Education and information.</p> |
| <p>Drug Help drughelp.org.nz</p> | <p>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</p> |
| <p>OUTline outline.org.nz 0800 OUTLINE (688 5463)</p> | <p>Confidential and self-affirming LGBTIQ+ telephone support and face-to-face counselling. Information and resources.</p> |
| <p>Small Steps www.smallsteps.org.nz</p> | <p>These tools have been developed to help with feelings of anxiety, stress, or low mood. Each tool only takes a few minutes. Tools include gratitude, breathing, thought reframing etc</p> |
| <p>Just a Thought www.justathought.co.nz</p> | <p>Just a Thought offers evidence-based Cognitive Behavioural Therapy (CBT) online and is designed for people with mild-to-moderate symptoms of anxiety and depression. CBT teaches people how to control their emotions, thoughts and behaviour to improve their mental health.</p> |
| <p>Wellbeing Sessions www.wellbeingsessions.nz</p> | <p>The Wellbeing Sessions, by Changing Minds offer a wide range of free and online wellbeing sessions in real-time, helping to safely support your wellbeing from the comfort of your own space. These holistic sessions include topics such as yoga and fitness, art and poetry, journaling and meditation to mindfulness and various support groups, including one for LGBTQIA+. There are currently up to 11 sessions available per week.</p> |
| Apps | |
| <p>Mentemia</p>  | <p>An app developed by All Blacks legend and mental health champion Sir John Kirwan. A mental wellbeing coach in the palm of your hand, Mentemia is available on your phone 24/7. It gives you the ability to monitor, manage and improve your mental health. The app allows you to set goals and track progress in much the same way other apps help you to track your physical fitness and health. Mentemia was originally developed for workplaces but it is currently available to all New Zealanders until the end of September.</p> |
| <p>Melon</p>  | <p>An app that provides a safe space for you to connect with and support other New Zealanders to uplift your emotional wellbeing. The app provides access to an online community, daily webinars to support mental health and wellbeing, a health journal, tools to check in with yourself about how you’re feeling and podcasts, videos and articles to help you learn more about how you can look after your mental health and wellbeing.</p> |
| <p>CALM iPhone Android</p>  | <p>Calm was branded as Apple's "App of the Year" in 2017. The app is designed to reduce anxiety, improve sleep, and help you to feel happier. Calm focuses on the four key areas of meditation, breathing, sleep, and relaxation, with the aim of bringing joy, clarity, and peace to your daily life. The app delivers meditations that can help you to destress, as well as</p> |

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| | | breathing programs, music, and sounds from nature to relax your mind and body and promote better sleep. Calm is the perfect app if you are new to meditation, but it also offers programs for more advanced users. Meditation sessions are available in lengths of 3–25 minutes, to fit in with your schedule. *Free |
| Sam iPhone Android |  | One of 2018's Best Anxiety Apps. SAM is a friendly app that offers a range of self-help methods for people who are serious about learning to manage their anxiety. SAM has been developed by a university team of psychologists, computer scientists and student users. Established methods of self-help have been combined with high standards of usability to provide an engaging, flexible, and practical resource. *Free |
| Smiling Mind iPhone Android |  | Smiling Mind is a free web and app-based program developed by psychologists and educators to help bring balance to people's lives. Just as we eat well and stay fit to keep our body healthy, mindfulness meditation is about mental health and looking after the mind. Smiling Mind is a 100% not-for-profit organisation that works to make mindfulness meditation accessible to all. Our vision is to help every mind thrive. Our mission is to provide accessible, life-long tools to support healthy minds. *Free |
| Headspace iPhone Android |  | Headspace is the simple way to reframe stress. Sleep trouble? Meditation creates the ideal conditions for a good night's rest. Relax with guided meditations and mindfulness techniques that bring calm, wellness and balance to your life in just a few minutes a day. Get more from your day through mindfulness, be less distracted and reactive, and focus on the things that matter most to you. *Free |
| Breathe2Relax iPhone Android |  | Breathe2Relax is a portable stress management tool which provides detailed information on the effects of stress on the body and instructions and practice exercises to help users learn the stress management skill called diaphragmatic breathing. Breathing exercises have been documented to decrease the body's 'fight-or-flight' (stress) response, and help with mood stabilization, anger control, and anxiety management. *Free |
| T2Mood Tracker iPhone Android |  | Mood Tracker allows users to monitor their moods on six pre-loaded scales (anxiety, stress, depression, brain injury, post-traumatic stress, general well-being). Custom scales can also be built. Users rate their moods by swiping a small bar to the left or to the right. The ratings are displayed on graphs to help users track their moods over time. Notes can be recorded to document daily events, medication changes and treatments that may be associated with mood changes, providing accurate information to help health care providers make treatment decisions. *Free |
| Virtual Hope Box iPhone Android |  | The Virtual Hope Box (VHB) is a smartphone application designed for use by patients and their behavioral health providers as an accessory to treatment. The VHB contains simple tools to help patients with coping, relaxation, distraction, and positive thinking. Patients and providers can work together to personalize the VHB content on the patient's own smartphone according to the patient's specific needs. The patient can then use the VHB away from clinic, continuing to add or change content as needed. *Free |
| What's Up iPhone Android |  | What's Up? is a fantastic free app utilising some of the best CBT (Cognitive Behavioural Therapy) and ACT (Acceptance Commitment Therapy) methods to help you cope with Depression, Anxiety, Anger, Stress and more! With a beautiful, modern design, simple heading and easy-to-follow methods, you can get to what helps you the most in seconds! *Free |
| Moodpath iPhone Android |  | Moodpath is your pocket-sized mental health companion. Whether you are facing a rough patch or have concerns about your mental health, the app's goal is to support you through the difficult times and guide you out the other side. Moodpath asks daily questions in order to assess your well-being and screen for symptoms of depression. The screening progress aims to increase your awareness of your thoughts, emotions, and feelings. After a period of 2 weeks, the app generates an electronic document that you can discuss with a healthcare professional. More than 150 videos and psychological exercises are available to help you understand your mood and strengthen your mental health. *Free |
| Happify iPhone Android |  | Feeling worried or stressed? Or maybe it's something more severe? This app aims to give users an instant lift with activities and games to elevate your happiness level. It also includes guided meditations and personalized programs. The visual charts let you track your progress so you can get a sense of how you're doing overall, based on evidence-based interventions. For even more, Happify Pro is available as a monthly paid subscription. *Free |
| MoodPanda iPhone Android Web |  | 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. |

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| <p>Insight Timer</p>  | <p>Free app for sleep, anxiety, mindfulness, meditation and yoga</p> |
| <p>Manaaki Ora</p>  | <p>The free Manaaki Ora app is designed to provide guidance and tips on how to self-help, or support others who might be going through hard times or distress. Individuals and whānau can find creative, simple and innovative activities to build wellbeing and resilience. This includes helping whānau identify their feelings and when they feel overwhelmed, where to get support and tips on how to support others.</p> |
| <p>Calm Harm</p>  | <p>Calm Harm is an app developed for teenage mental health using the basic principles of an evidence-based therapy called Dialectical Behavioural Therapy (DBT). Calm Harm provides tasks to help you resist or manage the urge to self-harm. You can make it private by setting a password, and personalise the app if you so wish. You will be able to track your progress and notice change</p> |
| <p>Harm Less</p>  | <p>HarmLess is a self-harm tracking app designed to help you calm your self harm urges, track your progress, and get better over time.</p> |
| <p>I am sober</p>  | <p>Am Sober is more than just a free sobriety counter app. Along with tracking your sober days, it helps you build new habits and provides ongoing motivation – can be used for most habits including alcohol, self harm, drugs, tobacco etc.</p> |
| <p>Take a breath</p>  | <p>Take a Breath is a science-backed learning resource and breathe trainer. It teaches the direct and causal link between stress and anxiety, and the way humans breathe, and includes a plan to reset your breathing patterns.</p> |