

Additional links, apps and resources

Useful digital resources

This section outlines some useful apps and websites that have information and tools for managing and building better mental health.

In addition to this, the [Health Navigator apps library](#) is a NZ-based directory of health apps reviewed by experts. It includes a range of physical and mental health apps across a broad range of categories. Mental health categories include mental health and wellbeing for teenagers and young people, breathing, meditation and mindfulness, anxiety, depression, PTSD, pregnancy, goal setting, problem solving and motivation.

Free apps



[Calm](#) – Tools to meditate, sleep and relax.



[CBT-I Coach](#) – improving sleep habits and dealing with insomnia.



[Clearhead](#) – Mobile app and website with chatbot focussed on depression, anxiety and issues affecting general wellbeing.



[Force Fit](#) – building your fitness.



[High Res](#) – tools for managing daily stress and building resilience.



[Insight Timer](#) – mindfulness tracks and courses for improved sleep, stress and anxiety.



[Living Well](#) – practical resources and support and suggestions to support living a healthier lifestyle.



[Mentemia](#) – NZ created tool offering coping tools, problem solving and wellbeing resources.



[Mindshift](#) – aims to help teens and young adults cope with stress and anxiety.



[Mood tracker](#) – tool for tracking emotional experiences over time. Comes with six pre-loaded issues: anxiety, depression, general well-being, head injury, post-traumatic stress, and stress.





[Operation Life](#) (AUS)– self-help tools for dealing with suicidal thoughts.



[PTSD Coach](#) – designed for Veterans and military Service Members who have, or may have, Post Traumatic Stress Disorder (PTSD).



ResCo – NZDF resilience coach app based on the Canadian Defence Force Road to Mental Readiness app. Contains a self-assessment tool and tools for tactical breathing, Self Talk, Goal Setting, Visualisation, Attention Control and Memory.



[HomePort](#) – RNZN Royal New Zealand Navy Official app



[Headspace](#) – Mindfulness app providing short exercises, resources and more.



[Sesame Street for Military Families](#) (US) – resources for children managing challenges of military life (including moving houses and deployments)



[Smiling Mind](#) – enables young people and families to practise daily meditation and mindfulness exercises.



[ThinkLadder](#) – A CBT-based self-help tool that helps you to challenge negative thoughts.



[Virtual Hopebox](#) – resilience tools.

Website links

NZDF and Defence force4families.mil.nz –

Force for Families.

afterdeployment.org provides a range of useful information for those returning from deployments for military personnel and families (US site).

militaryonesource.mil – support for the military community (US site)

sesamestreetformilitaryfamilies.org – resources to support military families including deployments, homecomings, grief, injuries, and self-expression (US site)



Veterans

veteransaffairs.mil.nz – site for New Zealand Veterans (NZ)

openarms.gov.au – site for Veterans (Australian site)

maketheconnection.net – real life stories and videos (US site)

Anxiety and Depression

depression.org.nz: Online information and self-assessment as part of the National Depression Initiative.

[Just a Thought](#): CBT-based self-help tool for depression and anxiety.

[Small Steps](#) – manage stress, anxiety and mood while reconnecting with nature.

thiswayup.org.au – online self-help courses (Australian site)

[Aunty Dee](#): a website focussed on taking a structured approach to problem solving, with a Pasifika flavour but available for everyone.

beyondblue.org.au – information and resources for anxiety and depression (Australian site).

calm.auckland.ac.nz: Computer Assisted Learning for the Mind (University of Auckland)

Alcohol and Gambling

alcohol.org.nz – information, advice, research & resources to help prevent & reduce alcohol-related harm.

[Living Sober](#) – caring online community discussion group with tools for taking control.

pgf.nz – learn more about the signs of harmful gambling– information, resources and support. choicenotchance.org.nz – support for problems with gambling.

Families and Relationships force4families.mil.nz – information and resource site

for NZDF family members ruok.org.au/how-to-ask – website with resources on how to support a friend of colleague experiencing mental distress.

sesamestreetformilitaryfamilies.org – resources to support military families including deployments, homecomings, grief, injuries, and self-expression (US site)

Youth and Children

[The Lowdown](#) – information, stories, and interactive site designed for young people struggling with low mood.

reachout.com – Australian youth mental health information service that includes a variety of apps and tools for young people (Australian site).

Men's Health toughtalk.nz – a Men's Mental Health Resource.

nz.movember.com – includes information on mental health concerns, lived experience stories and tips for parenting and staying connected. livingwell.org.au – practical resources and support for men.

General Mental Health Information, Stories and Tools

allright.org.nz – Website offering a range of tools and resources. Accompanying app asks user to identify an area of improvement then sends daily challenges aimed at creating healthy habits.

hpa.org.nz – Health Promotion Agency – range of health information for New Zealanders.

leva.co.nz – resources, tools, information and support for Pasifika people.

likeminds.org.nz – aims to address stigma and discrimination sometimes associated with mental illness, contains resources, help options and stories from people with mental illness.

mentalhealth.org.nz – Mental Health Foundation – information, stories, tools and support.

moh.govt.nz/moh.nsf/indexmh – useful self-help resources for recognising and managing stress (Ministry of Health).

skylight.org.nz – offers services to those facing tough times of change, loss, trauma and grief – whatever the cause, and whatever their age (including for children).

terauora.com – information about Māori workforce training, education and capabilitybuilding solutions.

Mindfulness and Acceptance Workbook for Depression – book for sale on Amazon or Booktopia.

Mental Health Workplace Employer Toolkit

The Mental Health Foundation has developed three great new toolkits for organisations, managers and individual employees to help them deal positively with mental health issues that arise in the workplace.

These offer resources, practical tools and background information to help workplaces support colleagues who are going through difficult times.

They aim to help managers and organisations to improve in areas of recruitment, staff retention and transition, and help to improve workplace wellbeing.

[Mental Health in the Workplace – Manager](#)

The purpose of this toolkit is to provide a learning resource for managers to help them deal positively with mental health issues that arise in the workplace.

[Mental Health in the Workplace – Employee](#)

The purpose of this toolkit is to give you some basic information about mental health problems in the workplace, and about your rights and responsibilities as an employee.

[Mental Health in the Workplace – Organisation](#)

The purpose of this toolkit is to provide information and resources for creating a positive and inclusive workplace for all workers, including those who have mental health problems.