

Web Based Programs and Smart Phone Apps for Parents

Depression Apps iCBT iCounselor Depression Senso * Websites www.kidshelp.com.au www.moodgym.anu.edu.au www.thiswayup.org.au www.ecouch.anu.edu.au www.youthbeyondblue.com www.headspace.org.au www.au.reachout.com www.oyh.org.au www.reachoutcentral.com.au www.viame.org www.ontrack.org.au www.thedesk.org.au	Anxious/Stressed Apps iCounselor Anxiety Let Panic Go * iCope Talking Anxiety Senso * Websites www.thriveport.com www.mindfield.de - eSense www.paniccenter.net www.eheadspace.org.au www.kidshelp.com.au www.thiswayup.org.au www.ecouch.anu.edu.au www.youthbeyondblue.com www.headspace.org.au www.au.reachout.com www.reachoutcentral.com.au www.viame.org www.ontrack.org.au	Bullying Apps Take a Stand * Websites www.eheadspace.org.au www.kidshelp.com.au www.headspace.org.au	Sleeping Apps Sleep Cycle Alarm Clock Deep Sleep with Andrew Johnson aSleep pzizz sleep Sleep Pillow Baby Lullaby Websites www.mysleepbot.com
Eating Disorders Apps iCounselor Eating Disorder Body Beautiful Websites www.reachoutcentral.com.au		Anger Apps iCounselor Anger Senso * Websites www.kidshelp.com.au	Meditation Apps Mindful meditation My Calm Beat Universal Breathing - Pranayama Free Buddhify Websites www.heartmath.com/innerbalance
		OCD Apps iCounselor OCD	

Source: Michael Carr-Gregg's list of the latest web-based programs and smart phone apps

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Happy	Other	Notes	Tracking
Apps Live Happy Get Happy DBT Websites www.smilingmind.com.au www.diarycard.net www.viame.org www.happyrambles.com	Apps You can Handle them all * Senso* Pillboxie Tile iDoorCam Bankit Proximo iPeriod Free Autism aps Talking Tom Cat Pixtr iReward chart 3D Brain Ambulance Victoria Websites www.Selfcontrolapp.com www.getcoldturkey.com www.nowwhat.org.au www.classdojo.com www.classtools.net	Apps lists different behaviours of kids and why they are doing them Gets kids talking about their emotions tracks medication put tiles on items so can be found easily wifi doorbell recording money spent from bank account finder for iphone/keys tracks menstrual cycles Autism apps Having a pet cat easy photo editing/airbrushing chores around the house different brain functions CPR procedures Allows user to block own access to distracting sites Allows user to temporarily block own access to sites Covers all aspects of cancer Improves and reinforces good behaviour Allows fakebook and games hosted on your own servers	Apps Find my kids - Footprints Family Tracker Baby Monitor HD Speed Limit Notifier
Exercise Apps Couch to 5K 5K Forever: run pace training 10K runner Hundred Pushups Daily Arm Workout Websites www.runkeeper.com www.mapmyride.com			Technology Websites www.yawcrc.org.au www.thinkuknow.org.au www.cybersmart.gov.au www.dbcde.gov.au
			Drugs/Alcohol Apps QuitNow Websites www.recoveryrecord.com www.eheadspace.org.au www.headspace.org.au www.ontrack.org.au www.theothertalk.org.au * www.clearyourvision.org.au www.drugs.health.gov.au www.turningpoint.org.au

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