

# Recommended APP LIST



SOUTH PACIFIC PRIVATE  
Australia's Leading Treatment Centre

## 12 step Apps:



### Australia NA Meetings

This app uses the Australia Regional NA Meeting List database to search for meetings in a fast, user-friendly manner.



### NA Meeting Search

NA Meeting Search is an application developed to help find an NA Meeting anywhere around the world. Also bundled with this app is the daily Just For Today meditations.



### Steps Away

Located worldwide 12 step meetings.



### Anonymous Sober Recovery Chat for alcoholics & addicts in NA & AA

Meet and chat with alcoholics, addicts and people in recovery. Stay sober one day at a time and chat with people who relate and want help.



### Recovered

Recovery podcasts where the 12 step program of recovery is used to address the alcoholic addiction problem.



### AA speakers to go

AA speaker tapes dating from the present all the way back to 1930's.



### My GA toolkit

My GA Toolkit (GAT) is a recovery tool for members of Gamblers Anonymous.

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## Mindfulness Apps:



### Get Some Headspace

The Mindfulness App helps you to reduce stress and increase wellbeing. Scientific research proves that regular practice for 20 minutes a day brings desired effects.



### Positive Thinking

If your positive thinking skills need a little tune-up, the Positive Thinking app can help. The act of positive thinking has the ability to completely change your approach to your day. It can even affect your long-term health.



### Mindfulness Bell

Helps you be more mindful. Mindfulness and meditation are powerful tools. They can help you handle the physical and emotional changes you'll experience when you're healing from an eating disorder.



### Buddhify

Buddhify has over 11 hours of custom meditations for 15 different parts of the day including traveling, being online, taking a work break and going to sleep. Buddhify helps to de-stress, sleep better and bring more awareness and compassion.



### Stop Breathe & Think: Meditate

The Stop, Breathe & Think app is a free mindfulness, meditation and compassion-building lifestyle tool that is simple, fun and easy to use.



### Rain Rain Sleep Sounds

This app has dozens of background sounds to help you meditate or fall asleep.



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## Mental Health Apps:



### Self Help Classics

Get access to more than 30 books that cover a variety of self-help topics, from financial wealth to healing from eating disorders. Authors include well-known inventors, business people, and famous thinkers. In-app purchases allow you to expand the library to 60 books, and "read" while you walk or drive with the app's text-to-speech capabilities.



### Recovery Box

As part of any recovery program, you'll make a variety of goals and promises. This app can help you reach them honestly. Tell the app your goals, and it will create behaviour points that indicate you're doing well or not so well. When you've crossed into troubling territory, you'll get a warning that your behaviors are jeopardizing your goals.



### Optimism

Optimism was designed to help people with depression track their mood changes and emotional triggers, but anyone with a mental health condition can benefit from this app. Keep a diary of your emotional health and factors that might affect it, like sleep, exercise, medication, and caffeine and alcohol consumption.



### Whats my M3

Quantifying your progress can help you grasp how well you're doing. All sorts of upper and lower number limits are used to measure your health, including cholesterol, blood cell counts, and blood sugar levels. Why not mental health? Use this app's survey to take stock of your emotional and mental health.



### Language of Letting Go

Book by Melody Beattie.



### The PTSD Coach Australia

This app can help you learn about and manage symptoms that commonly occur after trauma.\*

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## Mindfulness Eating Apps:



### Recovery Record

Helps people with anorexia nervosa, bulimia nervosa, and binge eating disorders, but people with other eating, weight, or body concerns might benefit too. Log each meal or snack you have, as well as the feelings and thoughts associated with it. Compiled into an easy-to-read chart that helps you and caregivers spot patterns and see improvement.



### Rise up + Recover

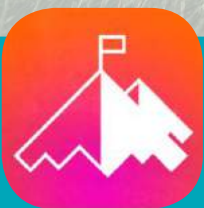
Rebuilding a healthy relationship with food can start on your phone. This app requires you to log your meals and snacks, as well as your emotions. When you do, a motivating quote pops up to remind you how well you're doing. When you find yourself face-to-face with a setback or feeling the urge to turn towards bad behaviors, the app's coping skills menu provides distractions and coaching tips to keep you on track.



### Body Beautiful

Heal Journey's Body Beautiful app offers you inspiring quotes, uplifting stories, and tools that help you reshape how you look at your body and feel about yourself.

## Moods and Anxiety Apps:



### Mood Mission

MoodMission helps you learn new and better ways of coping with low moods and anxiety. Tell MoodMission how you're feeling and it will give you a tailored list of 5 Missions that can help you feel better.



### Self-help for Anxiety Management

Self-Help for Anxiety Management (SAM) offers a range of self-help methods to help you manage anxiety. It has been developed by psychologists and provides 25 self-help options on anxiety, relaxation and health.