

Victoria University Counselling Services: Self-Help Apps – **Something's not Right**

This list is current as of 10 Dec 2012 and is provided for an informational purpose. The use of any of these listed Apps is solely an individual's responsibility after consideration of their own personal circumstances and in consultation with a mental health professional. Victoria University does not take any responsibility for any content, consequences nor actions taken as a result of the use of these externally provided resources. Some Apps may also change in their availability, functionality or content over time.



Something's not Right

Anger; bullying & harassment; depression & anxiety; drugs & alcohol; eating disorders; grief and loss; problem gambling.

Something's not Right > Mood management

T2Mood Tracker: tracking your moods over time to understand and manage your triggers and responses.

Something's not Right > Managing stress; relating to others; anger; depression & anxiety; grief & loss

Cognitive Diary, CBT Self Help: Tracking and changing your thinking to bring about new possibilities for your life.

Something's not Right > Mood management

Optimism: chart your moods to learn your triggers and track your use of particular strategies to assist in your mood management

MoodyMe: Mood diary and tracker including taking photos of what helps improve your moods.

Mood Reporter: Track daily your mood, sleeping habits, stressors and medical treatments.

Moodkit: Mood tracker, Thought Checker, Moodkit activities (suggestions to improve your mood); and journal. [Paid]

eCBT Mood: helps you identify and then challenge distorted thinking associated with depression and allows you to track the changes in your mood. [Paid]

Something's not Right > Managing stress; relating to others; anger; depression & anxiety; grief & loss

The VirtualClinic - Get Happy program: 6 lesson CBT for anxiety and depression.

iCBT: Allows you to describe an event (feelings and thoughts, identify the distortion, and reframe a more rational thought). [Paid]

iCouch CBT: similar to above. [Paid]

Something's not Right > Anger

The Anger Coach: Discover your zones of anger and their intensity, and learn tools of anger control and skills to deal with other people's anger too. [Paid]

Something's not Right > Bullying & harrassment

[Take a stand](#): Tips and advice for different bullying situations

Something's not Right > Drugs (including alcohol)

[National Drugs campaign](#): Information on illicit drugs and services

[Cravings Manager Lite](#): Track the number of cravings.

[iDrunkulator Lite](#) (Alcohol diary with calorie counter and health advisor.

[TrackBAC](#): Record and analyse your alcohol consumption over time.

[Red Frogs](#): Get support from the Red Frogs crew.

Something's not Right > Eating disorders

[Recovering Record \(Eating Disorder management\)](#): Meal and mood monitoring to track your progress towards wellness.

[Eating disorders](#): Evidence based tools and information.

[Do I have an eating disorder?](#): 15 minute self-evaluation (Eating Disorder Evaluation Questionnaire)

Something's not Right > Gambling

[Gambling Help](#): Self-test, and information on its impact on others and yourself.

Something's not Right > Victims of Crime

[Stop Crime - Victoria](#): Report crime.