

Victoria University Counselling Services: Software Applications

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.

Not Quite Right > Mood management

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

Not Quite 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.

iOS

Wellbeing > General

[Brainy App](#): Australian app to track your brain health, including brain games with daily facts sent to you if you wish.

[Cognifit Brain Fitness](#): Brain games.

[Lifeline Service Finder](#): useful services contact details.

Wellbeing > Relaxing & being less stressed

[Universal breathing](#): Trains you to breathe more effectively to assist in clearing and relaxing your mind for better focus and concentration

[Relax Lite](#): Guided progressive muscular relaxation audio track.

[Relax & Rest Guided Meditations](#): Three different lengths of guided meditation with the option of accompanying music or not.

[Mindful meditation](#): Includes 5, 10, 15, 20, 30 and 40 minute guided meditations. [Paid]

[eCBT Calm](#): assess your stress level, provides relaxation skills and provide more related information. [Paid]

Wellbeing > Self-Care

[Awesome ideas free](#): Different ideas for fun.

[<30 Days](#): Adopt a healthier lifestyle for 30 days.

Wellbeing > Sleep

[Sleep Cycle](#): Tracks your sleeping patterns with an alarm that wakes you at a point during your own sleep cycle where you will feel most refreshed [paid]

[Sleep 101](#): Similar to Sleep Cycle, but includes a 7 day challenge program as well as links to a website with more sleeping tips

Mental health > Trauma

[PTSD Coach](#): education, self-assessment and tools to cope with PTSD.

[eCBT Trauma](#): assess your symptoms after a stress event, learn relaxation and grounding skills and how to complete exposure exercises to reduce PTSD symptoms [paid]

Study Issues > Adjusting to university life

[Study break!](#): Put your timetable and your friends timetables in to see where you have common time spare

[Victoria University](#): maps, and details of services for students

Study Issues > Content creation

[Ace your next test](#): Tips on what to do before and on the day of the test [paid]

Study Issues > Goal setting & task management

Reminders: Tasks to do list and reminders [Preinstalled on all iOS devices]

[Habit Factor](#): daily habits and goals tracker that provides charts to visually see your progress and successes [Free and full version]

[Ritual](#): track daily your efforts of achieving goals [Free and paid version]

[Do](#): Share tasks, projects and notes with others, real time alerts to stay on track.

[Goal Achiever](#): Collaborate and achieve goals with friends

[Priority matrix](#): Help you sort out priorities of tasks

Study Issues > Overcoming procrastination & time management

[Do it tomorrow](#): allows you to enter tasks you want to do today and tomorrow [Free]

[Unstuck](#): [iPad only] Tools to help you get unstuck and move ahead with your own goals [Free]

[Procrastinator](#): Helps you make a decision over the choices you are facing

[Procrastination Quotient](#): Rate how much of a procrastinator you are and get some tips on how to be inspired and complete what you need to.

[\(10+2\)x5 Procrastination Hack](#): A timer to keep you focussed on a task for 10 minutes, with an allowance of 2 minutes break after the ten minutes to do whatever you want, and then repeat this pattern 4 more times. [paid]

[Pomodriodo Plus Lite](#): Using the Pomodoro approach to Getting Things Done, it is a timer to help you manage your time and reduce/eliminate distractions.

Relationships & Sexuality > Relating to others

[Conversation starters iApp](#): suggested conversational starters for a variety of settings [paid]

[Shy No More](#) - Learn how to talk to anyone: Text and video tutorials.

[How to talk to strangers](#): Text and video tutorials. [Paid]

[The Code of Understanding](#): rate yourself and another person's preferred communication style, and gain some tips to respond, motivate and collaborate better with them. [Paid]

[Everyday social skills](#): For those non-familiar with Western cultural settings or those with Aspergers, may find these video segments of expected behaviours in different social settings useful. [Paid]

Not Quite 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]

Not Quite 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]

Not Quite 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]

Not Quite Right > Bullying & harrassment

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

Not Quite 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.

Not Quite 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)

Not Quite Right > Gambling

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

Not Quite Right > Victims of Crime

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