

# 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.*

## **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]