



This is a great big list of websites that offer ways for you to inform yourself about mental health and recovery, explore different perspectives, connect with online support networks, find self-help tools or entertain yourself for a while. The internet can be a powerful tool for learning, distraction, self-soothing and expression, provided it isn't replacing face-to-face connections. It's not always easy to get out to the library or to visit a service, but a lot of us have computers where we live or people we could ask to help us use the internet. This pack contains some good places to start informing yourself about things, accessing perspectives on mental health and recovery and entertaining your mind.

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## Entertainment and interest

- **Amplifier**  
Listen to and download New Zealand music.  
[www.amplifier.co.nz](http://www.amplifier.co.nz)
- **Buffalo Electronic Poetry Centre**  
Lots of great poetry texts and interesting articles.  
<http://epc.buffalo.edu>
- **New Zealand Poetry Centre**  
Information about NZ poets, samples of their poetry to read plus audio recordings and interviews.  
[www.nzepec.auckland.ac.nz](http://www.nzepec.auckland.ac.nz)
- **Open Culture**  
800 free online courses from top international universities on almost every subject you can think of.  
[www.openculture.com/freeonlinecourses](http://www.openculture.com/freeonlinecourses)
- **Project Gutenberg**  
Project Gutenberg shares 42 000 free e-books and a further 100 000 through their partners and affiliates.  
<http://www.gutenberg.org/>
- **Scribd**  
Many different e-books. This is sort of like an online library. Some e-books are free and some cost money.  
[www.scribd.com](http://www.scribd.com)
- **Stuff.Co.Nz**  
An excellent website full of constantly updated NZ news.  
[www.stuff.co.nz](http://www.stuff.co.nz)
- **The Big Idea**  
A website for and about the creative arts and the creative community in NZ. Read blogs, find job and volunteer opportunities, connect with other creative people and find out what is happening near you.  
[www.thebigidea.co.nz](http://www.thebigidea.co.nz)
- **The Spin Off**  
NZ journalism website.  
<https://thespinoff.co.nz/>
- **Upworthy**  
<http://www.upworthy.com/>
- **Youtube**  
Video clips on pretty much anything you can think of, including a range of mental-health topics and recovery stories. [www.youtube.com](http://www.youtube.com)
  - **Anxiety-related self help videos of all kinds:**  
<http://www.youtube.com/user/alexataylor1720>
  - **My Schizophrenia Story:**  
[http://www.youtube.com/watch?v=H\\_jYqSA\\_fJk](http://www.youtube.com/watch?v=H_jYqSA_fJk)
  - **Social perspectives of mental health problems:**  
[youtube.com/watch?v=DCFCq6zq2Sw&feature=related](http://youtube.com/watch?v=DCFCq6zq2Sw&feature=related)
  - **Yoga with Adrienne:**  
[www.youtube.com/user/yogawithadriene](http://www.youtube.com/user/yogawithadriene)

# Mental Health Information

- **About.Com**  
Basic info articles about almost everything.  
– Food & Mood:  
<http://altmedicine.about.com/od/popularhealthdiets/a/moodfood.htm>  
– Exercise & Mood:  
<http://walking.about.com/cs/mindandspirit/a/mindspirit.htm>  
– Anxiety as a barrier to exercise:  
<http://walking.about.com/od/med/a/sensanxiety.htm>
- **Association for Contextual Behavioural Science**  
Acceptance and Commitment Therapy (ACT) information and resources.  
[https://contextualscience.org/act\\_for\\_the\\_public](https://contextualscience.org/act_for_the_public)
- **Conversations that Matter**  
Resources for discussing suicide that might be useful to share with family so they are better equipped to support you. You might also find it useful to be informed of these kinds of skills.  
<http://www.conversationsmatter.com.au/>
- **Crappy Childhood Fairy**  
Anna Runkle is a woman with lived experience of recovery from complex trauma who shares the information and strategies she gathers in her journey to help others on their path through.  
<https://crappychildhoodfairy.com/blog>
- **Conversations for Change**  
Stigma reduction videos and activities for youth. These resources are designed for teachers to share with their students but anyone can watch them.  
<http://rethink.org.nz/conversationsforchange/>
- **Discursive of Tunbridge Wells**  
A blog from the staff and trainees at The Salomons Centre for Applied Psychology in Tunbridge Wells, England, covering a range of mental-health topics.  
<https://blogs.canterbury.ac.uk/discursive/>
- **Emotionally Healthy Children**  
Free resources to help parents respond to their children’s emotional needs.  
<https://emotionallyhealthychildren.org/resources/>
- **Gender Minorities Aotearoa**  
A website by and for transgender, takatāpui, and intersex people in NZ. Find info, resources, and links to community supports and healthcare options.  
<https://genderminorities.com>
- **Health and Disability Commission Code of Rights**  
Online info about your rights when you are using a mental-health or addictions service and how to make complaints.  
[www.hdc.org.nz/your-rights/](http://www.hdc.org.nz/your-rights/)
- **Healthline’s Your Health Pages**  
Info on health conditions and mental-health problems, and a nationwide service directory.  
[www.health.govt.nz/yourhealth](http://www.health.govt.nz/yourhealth)
- **Hearing Voices Network Aotearoa, NZ**  
Excellent information about hearing voices and resources for people who experience them.  
[www.hearingvoices.org.nz](http://www.hearingvoices.org.nz)
- **Helping Reduce Medications by Ron Unger**: Written for clinicians, this might also help you inform yourself or your supporter team.  
<http://recoveryfromschizophrenia.org/therapists-guide-to-reducing-medications/>
- **Inner Compass Initiative**  
Resources, tools, and connecting platforms to facilitate more informed choices regarding all things “mental health” and to support people who wish to leave behind, bypass, or build community beyond the diagnostic/pharmaceutical paradigm.  
[theinnercompass.org](http://theinnercompass.org)
- **Le Va**  
Mental health, addictions, and suicide prevention information for Pasifika communities.  
[www.leva.co.nz](http://www.leva.co.nz)
- **Life Keepers**  
An online course for over adults who would like to learn more about how to support someone who experiences thoughts of suicide.  
[www.lifekeepers.nz](http://www.lifekeepers.nz)
- **Mad in America**  
The site is designed to serve as a resource and a community for those interested in rethinking psychiatric care in the United States and abroad.  
[www.madinamerica.com/](http://www.madinamerica.com/)
- **Mental Health Foundation of NZ**  
Information, resources, links, initiatives for New Zealanders, including the 5 Ways to Wellbeing.  
[www.mentalhealth.org.nz](http://www.mentalhealth.org.nz)
- **National Depression Initiative**  
The National Depression Initiative shares information about depression and resources for recovery.  
<https://depression.org.nz/>
- **New Zealand Drug Foundation**  
[www.drugfoundation.org.nz](http://www.drugfoundation.org.nz)
- **New Zealand Family Violence Centre**  
Find research about family violence collated by the School of Population Health at Auckland Uni.  
[www.nzfvc.org.nz/our-work/recommended-reading](http://www.nzfvc.org.nz/our-work/recommended-reading)
- **Out on the Shelves**  
An online reading resource for LGBTQI+ youth.  
[www.outontheshelves.insideout.org.nz/](http://www.outontheshelves.insideout.org.nz/)
- **(The) Peaceful Parent**  
Parenting coach and counsellor, Genevieve Simpson shares tips and information about communication, support skills and self-care tips to help parents raise resilient children.  
[www.peacefulparent.com/](http://www.peacefulparent.com/)

- **Postnatal Distress Centre**  
Free information for people affected by Postnatal Depression and Distress.  
[www.postnataldistress.co.nz](http://www.postnataldistress.co.nz)
- **Project Borderline**  
Info and resources for people who experience BPD.  
<https://borderlineproject.org/>
- **Psychology Today**  
Psychology Today have gathered over 750 renowned leaders in the field of psychology to contribute their thoughts and ideas on what makes people tick.  
[www.psychologytoday.com/](http://www.psychologytoday.com/)
- **Rainbow Youth**  
Info and support for the Rainbow/LGBTQI+ community.  
<https://ry.org.nz/what-we-do>
- **Research Gate**  
An online network where researchers share and discuss their work.  
[www.researchgate.net](http://www.researchgate.net)
- **Reddit**  
A website where people create and join communities (called 'subreddits') to post and discuss stories on almost every subject you can imagine. Check out [reddit.com/r/psychology/](http://reddit.com/r/psychology/) and the subreddits about different mental-health problems such as [reddit.com/r/BipolarReddit/](http://reddit.com/r/BipolarReddit/).  
[www.reddit.com/about/](http://www.reddit.com/about/)
- **RX List**  
Patient Information Sheets for most medications and a Drug Interaction Tracker.  
[www.rxlist.com/](http://www.rxlist.com/)
- **Suicide Prevention Information New Zealand (SPINZ)**  
Find information and tips for dealing with suicidal thoughts, talking about suicide and supporting someone you are worried about.  
[www.spinz.org.nz/](http://www.spinz.org.nz/)
- **Talking Minds**  
A website for young people in NZ who experience psychosis made by the NZ Early Psychosis Intervention Society in collaboration with people who have lived experience. Find videos, information, self-help tools, recovery stories, and links to support.  
[www.talkingminds.co.nz](http://www.talkingminds.co.nz)
- **TED: Ideas Worth Spreading**  
Find heaps of videos sharing engaging and insightful talks about a wide range of topics, including screeds of mental-health related subjects – a great way to access new perspectives and learn new information.  
[www.ted.com](http://www.ted.com)
  - Andy Puddicombe on All it Takes is 10 Mindful Minutes  
[http://www.ted.com/talks/andy\\_puddicombe\\_all\\_it\\_takes\\_is\\_10\\_mindful\\_minutes.html](http://www.ted.com/talks/andy_puddicombe_all_it_takes_is_10_mindful_minutes.html)
  - Brene Brown on Vulnerability and the Power of our Compassionate Selves  
[www.ted.com/talks/brene\\_brown\\_on\\_vulnerability](http://www.ted.com/talks/brene_brown_on_vulnerability)
  - Dan Gilbert on The Surprising Science of Happiness  
[http://www.ted.com/talks/dan\\_gilbert\\_asks\\_why\\_are\\_we\\_happy.html](http://www.ted.com/talks/dan_gilbert_asks_why_are_we_happy.html)
  - David Steindl-Rast on Gratitude  
[http://www.ted.com/talks/david\\_steindl\\_rast\\_want\\_to\\_be\\_happy\\_be\\_grateful.html](http://www.ted.com/talks/david_steindl_rast_want_to_be_happy_be_grateful.html)
  - Eleanor Longden on The Voices in My Head  
[http://www.ted.com/talks/eleanor\\_longden\\_the\\_voices\\_in\\_my\\_head.html](http://www.ted.com/talks/eleanor_longden_the_voices_in_my_head.html)
  - Kathryn Schulz on Being Wrong  
[http://www.ted.com/talks/kathryn\\_schulz\\_on\\_being\\_wrong.html](http://www.ted.com/talks/kathryn_schulz_on_being_wrong.html)
  - Ken Robinson on Creativity and What it Means to be Human:  
[www.ted.com/talks/ken\\_robinson\\_says\\_schools\\_kill\\_creativity.html](http://www.ted.com/talks/ken_robinson_says_schools_kill_creativity.html)
  - Viktor Frankl a Holocaust survivor talks about Why To Believe in Others:  
[www.ted.com/talks/viktor\\_frankl\\_youth\\_in\\_search\\_of\\_meaning.html](http://www.ted.com/talks/viktor_frankl_youth_in_search_of_meaning.html)
- **The Tidal Model**  
Info and resources from another perspective.  
[www.tidal-model.com](http://www.tidal-model.com)
- **The Psychologist Journal Online**  
Read articles from the journal of the British Psychological Society.  
<https://thepsychologist.bps.org.uk/>
- **Understanding Voices**  
Info and tools for exploring or understanding voices, living or coping with voices, and working with voices.  
[www.understandingvoices.com](http://www.understandingvoices.com)
- **WAVES**  
This website shares information, education and support for victims of violence.  
[www.waves.org.nz/](http://www.waves.org.nz/)
- **WebHealth**  
Find a Health and Social Service; Health and Wellbeing Resources and a Community Notice Board.  
[www.webhealth.co.nz](http://www.webhealth.co.nz)
- **Wikipedia**  
An online, open encyclopaedia, Wikipedia is a place where you can find information on just about anything and share your own knowledge.  
[www.wikipedia.org](http://www.wikipedia.org)
- **Women's Refuge**  
Info about domestic violence and how to get help.  
<https://womensrefuge.org.nz/get-help/>
- **Worry Wise Kids**  
Worry Wise Kids is a website full of info and strategies for young people with anxiety and their parents.  
[www.worrywisekids.org/](http://www.worrywisekids.org/)

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## Online Support Groups and Networks

- **Anxiety Disorders Unite**  
[www.facebook.com/group.php?gid=2204890038](http://www.facebook.com/group.php?gid=2204890038)
- **Anxiety Support**  
[www.facebook.com/group.php?gid=2538276525](http://www.facebook.com/group.php?gid=2538276525)
- **Aotearoa Therapists with Lived Experience Network**  
ATLEN aims to empower therapists with lived experience and enable them to connect with other like minds for peer support.  
<https://theatlen.wordpress.com/>  
[www.facebook.com/TheATLEN/](http://www.facebook.com/TheATLEN/)
- **Balance NZ**  
Support, education, information and training for people with experience of depression or bipolar disorder.  
[www.balance.org.nz](http://www.balance.org.nz)
- **Changing Minds on Facebook**  
[www.facebook.com/changingminds.nz/](http://www.facebook.com/changingminds.nz/)
- **Drive Counties Manukau**  
[www.facebook.com/DRIVEConsumerDirection/](http://www.facebook.com/DRIVEConsumerDirection/)
- **Engage Aotearoa on Facebook**  
[www.facebook.com/engageaotearoa/](http://www.facebook.com/engageaotearoa/)
- **Gender Minorities Aotearoa on Facebook**  
[www.facebook.com/genderminorities](http://www.facebook.com/genderminorities)
- **Hearing Voices Network Online Peer Support Group**  
[www.hearingvoicesusa.org/latest-news/154-new-hvn-usa-online-group](http://www.hearingvoicesusa.org/latest-news/154-new-hvn-usa-online-group)
- **Hearing Voices Network Online Group for Family**  
Details on how to join are at the very bottom of this page on the Mad in America website.  
[www.madinamerica.com/2019/11/hearing-voices-network-launches-family-friends-support-group/](http://www.madinamerica.com/2019/11/hearing-voices-network-launches-family-friends-support-group/)
- **In2Gr8MentalHealth**  
A UK-based network for mental-health professionals with lived experience of mental-health problems.  
[www.in2gr8mentalhealth.com/](http://www.in2gr8mentalhealth.com/)
- **Intervoice**  
An international network of people who hear voices that others do not. Intervoice creates a safe place where you can find out more about hearing voices and an interactive online community where you can share your own point of view or experience:  
[www.intervoiceonline.org/](http://www.intervoiceonline.org/)
- **Mental Health Advocacy and Peer Support**  
MHAPS are a lived experience group of advocates and peer support workers based in Christchurch.  
[www.facebook.com/mhapschch](http://www.facebook.com/mhapschch)
- **Mind Share**  
Mindshare connects people with lived experience of mental health problems with each other so they can share experiences, challenges and triumphs.  
<http://mindshare.org.au>
- **NZ Mental Health Consumer / Whaiora Info Sharing**  
An open Facebook group for people who experience mental-health challenges of all kinds to connect and share information with each other.  
[www.facebook.com/groups/1532333990405997/](http://www.facebook.com/groups/1532333990405997/)
- **The Icarus Project**  
A network of people living with and/or affected by experiences that are often diagnosed and labelled as psychiatric conditions, The Icarus Project frames these experiences as “mad gifts needing cultivation and care, rather than diseases or disorders.”  
[www.theicarusproject.net/](http://www.theicarusproject.net/)
- **Support for Anxiety, Depression and Mental Illness**  
[www.facebook.com/supportpageforanxietydepressionandmentalillness](http://www.facebook.com/supportpageforanxietydepressionandmentalillness)
- **Support for Parents of Suicidal Teens NZ**  
Public page: [www.facebook.com/pages/Support-for-Parents-of-Suicidal-Teens-NZ/750791048270796](http://www.facebook.com/pages/Support-for-Parents-of-Suicidal-Teens-NZ/750791048270796)  
Closed group:  
[www.facebook.com/groups/hopeforourteens/](http://www.facebook.com/groups/hopeforourteens/)
- **The Aunties**  
A community of people working to support women who are experiencing domestic violence.  
[www.facebook.com/RefugeAunties](http://www.facebook.com/RefugeAunties)
- **The Way of the Peaceful Parent**  
[www.facebook.com/TheWayOfThePeacefulParent](http://www.facebook.com/TheWayOfThePeacefulParent)
- **The Nutters Club**  
[www.facebook.com/THENUTTERSCLUB](http://www.facebook.com/THENUTTERSCLUB)
- **Transgender and Intersex NZ**  
A closed facebook group for transgender and intersex people and their supporters and allies.  
[www.facebook.com/groups/1574586646110552](http://www.facebook.com/groups/1574586646110552)

# Recovery Stories and Lived Experiences

Many of the information and self-help websites listed above also share recovery stories from people who have been there.

- **Archives of Resistance**  
A collection of stories for inspiring resistance to eating disorders.  
[www.narrativeapproaches.com/resources/anorexia-bulimia-archives-of-resistance/](http://www.narrativeapproaches.com/resources/anorexia-bulimia-archives-of-resistance/)
- **Attitude Live**  
Real video-stories from people living with disabilities of all kinds, including mental-health problems.  
<https://attitudelive.com/>
- **Chain of Events NZ**  
NZ artists with lived experience share their perspectives of recovery through visual art.  
[www.facebook.com/chainofeventsnz/](http://www.facebook.com/chainofeventsnz/)
- **Cultivating Wise Mind**  
One man's personal perspective on his experience of using the 'wise mind' strategies of DBT.  
<https://medium.com/@rrludman/cultivating-wise-mind-4ce52e9b55a2>
- **Engage Recovery Notes**  
People with personal experience of recovery share five things they learned from the journey – read articles by others or write and submit your own.  
[www.engagenz.co.nz/?page\\_id=6183](http://www.engagenz.co.nz/?page_id=6183)
- **Healing from BPD**  
Lived experience blog and self-help tools for recovery from Borderline Personality Disorder.  
[www.my-borderline-personality-disorder.com](http://www.my-borderline-personality-disorder.com)
- **Lady Gaga's Lived Experience of Psychosis**  
<https://people.com/health/lady-gaga-reveals-psychotic-break/>
- **Lessons from the mental hospital**  
Glennon Doyle Melton's Ted-X talk about her journey to recover from bulimia and addiction  
<https://youtu.be/NHHPNMIK-fy>
- **Like Minds, Like Mine**  
Resources and recovery stories from New Zealand's national stigma reduction programme.  
[www.likeminds.org.nz/good-reads/](http://www.likeminds.org.nz/good-reads/)
- **Live More Awesome**  
[www.livemoreawesome.com/](http://www.livemoreawesome.com/)
- **Manu's Recovery from Post-Natal Depression**  
[https://m.facebook.com/story.php?story\\_fbid=2379592615466927&id=318086054950937](https://m.facebook.com/story.php?story_fbid=2379592615466927&id=318086054950937)
- **National Empowerment Centre**  
Recovery stories, crisis tips and articles.  
<http://www.power2u.org/>
- **Nuggets of Gold**  
Stories of recovery from suicidal thoughts and urges.  
[www.hqsc.govt.nz/our-programmes/mrc/sumrc/publications-and-resources/publication/3938/](http://www.hqsc.govt.nz/our-programmes/mrc/sumrc/publications-and-resources/publication/3938/)
- **Out of My Mind**  
An interactive audio-visual podcast series sharing mental-health experiences from Kiwi's from different walks of life, in their own words.  
<https://interactives.stuff.co.nz/2019/08/out-of-my-mind-podcast/>
- **Recovery Network Toronto**  
A Canadian website that shares recovery perspectives, resources and stories.  
<http://recoverynetworktoronto.wordpress.com>
- **Reasons to Go On Living**  
Reasons to Go On Living is a website full of stories about surviving suicidal urges and finding reasons to go on living.  
[www.thereasons.ca/stories.php](http://www.thereasons.ca/stories.php)
- **Skye Arixe's Serious Business**  
Skye is a Trans Woman from England, who writes this blog based on her personal observations, to help other people with their psychological issues and problems.  
<http://lynexus.wordpress.com/>
- **Steven Hayes on Building Psychological Flexibility**  
One of the psychologists behind the creation of ACT shares his lived experience of recovery from panic disorder to help describe the process of psychological flexibility.  
[www.youtube.com/watch?v=o79\\_gmO5ppg](http://www.youtube.com/watch?v=o79_gmO5ppg)
- **Survivest**  
An excellent recovery blog from someone who has been there and is making it through.  
<http://survivest.wordpress.com/>
- **Take it From Us**  
Live interviews online every Tuesday from 12:30 – 1:30 pm at [www.planetaudio.org.nz](http://www.planetaudio.org.nz). Find more information at:  
[www.planetaudio.org.nz/takeitfromus](http://www.planetaudio.org.nz/takeitfromus)
- **The Nutters Club**  
Listen live every Sunday from 11pm – 1am on Newstalk ZB.  
<https://thenuttersclub.co.nz/>
- **Whirlwind Stories**  
Recovery stories by men for men.  
[www.whirlwindstories.com](http://www.whirlwindstories.com)

# Self-Help Online

Many of the mental health information pages listed above also share self-help resources

- **ACT Mindfully**  
Free worksheets and audio resources from Acceptance and Commitment Therapy (ACT).  
[www.actmindfully.com.au/free\\_resources](http://www.actmindfully.com.au/free_resources)
- **CALM – Computer Assisted Learning for the Mind**  
CALM shares online exercises for stress management, coping and relaxation.  
[www.calm.auckland.ac.nz](http://www.calm.auckland.ac.nz)
- **CBT for Psychosis & Trauma Handouts**  
Downloadable CBT handouts from Ron Unger  
<http://recoveryfromschizophrenia.org/cbt-for-psychosis-trauma-psychosis-handouts/>
- **Centre for Clinical Interventions**  
CBT-based info and self-help workbooks for each of the major mental-health problems.  
[www.cci.health.wa.gov.au/Resources/Looking-After-Yourself](http://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself)
- **Clear Head**  
A website (and an app) that helps you assess your mental-health using an artificial intelligence chatbot, track your moods, set goals, and find support.  
[www.clearhead.org.nz/](http://www.clearhead.org.nz/)
- **Coming off Psychiatric Drugs: Harm Reduction Guide, 2<sup>nd</sup> Edition, e-Book by Will Hall**  
Find self-help information about reducing or discontinuing psychiatric medication safely.  
<http://willhall.net/comingoffmeds/>
- **DBT Self-Help**  
This website is a for people seeking information about DBT and is primarily written by people who have been through DBT themselves.  
[www.dbtselfhelp.com/](http://www.dbtselfhelp.com/)
- **E-Couch**  
Online info and strategies for dealing with emotions.  
<http://ecouch.anu.edu.au>
- **For those of you who are suicidal, read this**  
Here are some things you can do to help yourself.  
<http://lynexus.wordpress.com/2013/09/18/for-those-of-you-who-are-suicidal-read-this/>
- **Guide to Psychology and its Practice**  
A plain-language guide to the principles of clinical psychology, written by a clinical psychologist, along with self-help tools for putting selected strategies into practice, including how to use progressive muscle relaxation and an autogenics training programme that teaches you to self-produce feelings of warmth and relaxation.  
[www.guidetopsychology.com/intro.htm](http://www.guidetopsychology.com/intro.htm)
- **How to Make the Most of Your Therapy, e-Book**  
An e-book about how to get the most out of talking therapies.  
[www.amazon.com/Make-Most-Your-Therapy-ebook/dp/B006WW9L2S](http://www.amazon.com/Make-Most-Your-Therapy-ebook/dp/B006WW9L2S)
- **Inner Compass Withdrawal Project**  
Resources, tools, and connecting platforms for people who want support to withdraw from psychiatric medications as safely as possible.  
<https://withdrawal.theinnercompass.org/>
- **Mood Gym**  
An online resource for managing depression based on CBT and Interpersonal Therapy.  
<http://moodgym.anu.edu.au>
- **Psych Central**  
Psych Central is a place where people can ask and answer questions about mental health and relationship issues in a safe and supportive environment.  
<http://psychcentral.com>
- **Psychology Tools**  
Psychology Tools offers a huge selection of worksheets for therapists to share with their clients. You might find some good ideas to try on your own or some good ideas of the kinds of things you want to try with a therapist.  
[www.psychologytools.org/](http://www.psychologytools.org/)
- **SPARX CBT Computer Game**  
SPARX is an online computer game that teaches young people CBT strategies for dealing with stress, distress and mild to moderate depression.  
[www.sparx.org.nz/](http://www.sparx.org.nz/)
- **The Coping Kete**  
Search the growing archive of over 150 coping strategies, practice strategies until they become familiar and then add them to your own kete for times of stress and distress.  
[www.engagenz.co.nz/copingkete](http://www.engagenz.co.nz/copingkete)
- **The Happiness Trap**  
Worksheets, resources, and an online course from Russ Harris's ACT-based, self-help book The Happiness Trap.  
[thehappinesstrap.com/](http://thehappinesstrap.com/)
- **The Journal**  
An online depression recovery tool: Get information, set goals, receive reminders, ask for help from the support team and keep track of your progress.  
[www.depression.org.nz/](http://www.depression.org.nz/)
- **The Low Down**  
Information about depression for young people, self-help resources, videos and a chat page.  
[www.thelowdown.co.nz](http://www.thelowdown.co.nz)
- **The Pinky Perspective – DBT Handouts and Activities**  
A page of links to DBT information and worksheets.  
<http://pinkituscadero.wordpress.com/2013/02/07/dbt-handouts-protocols-client-learning-activities-practiceground-wiki-2/>

- **The Thriving Adolescent**  
ACT resources for children and teens based on the youth model of ACT called DNA-V.  
<https://thrivingadolescent.com/dreambig/>
- **Whakatau Mai**  
These free, online community events are aimed at supporting wellbeing in real-time, with real people, and invite you to connect with others, learn and practice new skills, and look at things differently.  
[www.wellbeingsessions.nz](http://www.wellbeingsessions.nz)
- **You Feel Like S\*\*t Self-Care Game**  
This is an interactive online flow-chart that takes you through a series of steps to help you use self-care at times of distress. The title is light-hearted but the steps give some solid things to think about and do right in the moment.  
<https://youfeellikeshit.com/>

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## Smart Phone Apps

- **ACT Companion**  
This app shares exercises for practicing the ACT strategies of being present, opening up, and engaging with what matters to you, with daily practice reminders. A free app with extra content to unlock if you pay to subscribe.  
<https://play.google.com/store/apps/details?id=com.actcompanion&hl=en>
- **DBT Dime Game**  
This app guides you through a DBT strategy called the Dime Game which helps people decide how strongly to say no or ask for something.  
<https://play.google.com/store/apps/details?id=com.minow.dbt.dime&hl=en>
- **Hear Me: Empathy Not Therapy**  
This free app lets you connect with a trained 'listener' through text chat if you need an ear.  
<https://play.google.com/store/apps/details?id=com.hearme&hl=en>
- **My Life Mindfulness: Stop Breathe Think**  
This app lets you learn mindfulness skills with a handy check-in tool, information to read and guided exercises for different situations. The free option has heaps of options and you can also subscribe to unlock more content.  
<https://play.google.com/store/apps/details?id=org.stopbreathethink.app&hl=en>
- **Smiling Mind**  
A free app for learning and practicing mindfulness with video and audio exercises for all ages and whole courses for different purposes like sleep or managing stress.  
<https://play.google.com/store/apps/details?id=com.smilingmind.app&hl=en>
- **Think Ladder**  
A free CBT app for identifying unhelpful beliefs, reflecting on alternative insights prepared by a group of therapists, and collecting the ones you find useful for later.  
<https://play.google.com/store/apps/details?id=com.thinkladder.android.thinkladder&hl=en>
- **Worry Tree**  
A free app for coping with anxiety and worry created by people with lived experience of coping with anxiety problems. Name your worries individually, create action plans to address the things you can change, schedule reminders, and save distractions for coping with the things you can't control.  
<https://play.google.com/store/apps/details?id=com.worrytree.worrytree&hl=en>

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## A few notes on mindfulness recordings

Mindfulness is often described as a way of relaxing or experiencing calm, but it is important to know that mindfulness can also involve contacting our internal experiences of distress, becoming aware of and caught up in unwanted thoughts, and connecting with our bodies and physical sensations in a way that can be triggering for some of us.

The exercises shared in apps and online are often not adjusted for people who experience trauma or psychosis, or those who have high sensitivity to changes in their breathing and can experience panic sensations when directed to focus on their breathing.

You may find it helpful to keep your eyes open during mindfulness practice, to consider all instructions as invitations not directives, to move your attention away from the sensory area an exercise is focused on, and to choose shorter exercises or movement based exercises like mindful walking.

If you notice that being aware of your breath leads to a sensation of being unable to breathe, it can help to stretch your mouth open and yawn, or move your attention to another part of your body or surroundings for a moment so your mind can take over the autopilot controls of your breathing again. This is just your body being unused to a different pattern of breathing and this sensation will disappear as you get used to it. Know that it is normal to experience difficulties during mindfulness practice. This is why it takes practice.

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