

MY APPS

Tools to make your life easier

Information and content

This book has been put together by Community Corrections to help you find Mobile Phone Applications (Apps) which might be useful to you.

All of the Apps are available to the general public, and are not owned or operated by Community Corrections.

We do not have any access to any of the data which goes into the Apps, and do not provide support for any of the services or products available through the Apps.

The information in this book is correct to the best of our knowledge. However we do not recommend that you use it instead of professional advice. If you are worried about your health, you should see a doctor or other health professional.

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Links to websites

Some Apps in this book give you links to other websites. We do not support these links, and it is up to you to decide if this information is relevant, accurate, and reliable.

Options to upgrade (pay for) the App

Some Apps in this book will have options to upgrade (pay for) the App. If you agree to this, it means that you will need to pay for the App. Do not choose this option if you do not want to pay for the App.

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How to Download Apps on your Apple iPhone:



1. Go to the “App Store” icon on your mobile phone.
2. Then tap on the “search” button in the lower right-hand corner.
3. In the search bar, type in the exact name from the ‘My Apps’ Book of the App you want to download.
4. When the name of the App appears, tap on the name (eg: “Google Maps”).



5. When the App appears, tap on the cloud download button to download the App.



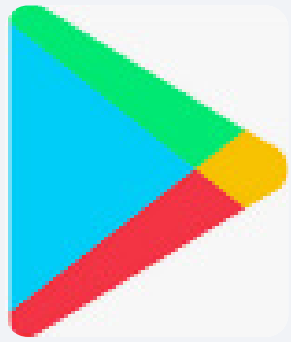
6. Then tap on the “OPEN” button to install the App on your phone.
7. The App will now be installed on your phone. You can then open the App and start using it.



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How to Download Apps on your Android phone (eg: Samsung, Nokia, Sony, HTC, Huawei):



1. Go to the “Google Play” icon on your mobile phone.
2. Then tap on the “search” button.
3. In the search bar, type in the exact name from the ‘My Apps’ Book of the App you want to download.
4. When the name of the App appears, tap on the name (eg: “Google Maps”).
5. When the App appears, tap on the “install” button to download the App.
6. The App will now be installed on your phone. You can then open the App and start using it.



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Transport:

GOOGLE MAPS



Use this App for help to get from one location to another. This App will tell you about different transport options (bus, train, walking, driving) to get to your location (street and suburb), as well as the quickest way to get there. It will tell you when the bus/train will be leaving, and where to catch it from. The App will also tell you the approximate time you will arrive at your location.

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Transport:

TRIP VIEW LITE



Use this App for help to get from one location to another using public transport in the Sydney area. This App will help you get to your destination using public transport. It will tell you when the next bus/train/light rail/ferry is leaving, the stops, as well as any service interruptions. It will also tell you the approximate time you will arrive at your location.

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Employment/Job Seeking:

SEEK



Use this App to help find employment. This App helps you find jobs that you can then apply for. You choose the type of job you would like and the location. The App will then give you a list of jobs to choose from and apply for. You will be told the skills you need to do the job, the working hours and days, and usually how much the job pays.

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Legal Assistance:

LEGAL AID NSW



Use this App for help with legal Issues. You can find out if you can get Legal Aid, and what to do if you can't. The App will tell you which Legal Aid NSW offices are closest to you (address, opening hours, and how long it takes to get there). It has videos and information about courts, police, bail and crime. There is also legal information about relationship breakdowns, families and children on the App.

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Money and Budgeting:

FUDGET



Use this App if you want help managing your money. This App lets you type in your income and expenses (what you spend), to help you see what you spend your money on. It will also calculate your balance (how much money you have left over for the day or week). The App will help you to manage your money and create a budget.

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Food and Exercise:

MYFITNESS PAL



Use this App if you want to lose weight, eat better, be healthier, or get fitter. This App can help you lose weight by telling you the number of calories you can eat each day to get to the weight you want to be. It will tell you the type of food you should eat less of, and what you should eat more of. The App will tell you the nutrients and vitamins that might be missing from your diet (what you eat). It also lets you add any exercise you do each day or week.

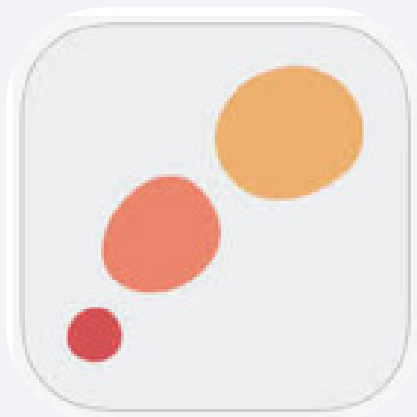
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Physical Health:

HEALTHDIRECT



Use this App for help with your Physical Health. In this App you can search for a number of physical illnesses. It will ask you what your symptoms are and give you advice about what to do next. Sometimes this will include seeing a Doctor. If you type in your postcode or address, the App will tell you where your nearest Doctor is and if they are open. If your symptoms are serious, it will tell you to call the ambulance. You can also use this App to learn about any medications you are taking.

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COVID-19: AUSTRALIAN GOVERNMENT CORONAVIRUS



This App is about the Coronavirus and is available in other languages. It helps you to check your symptoms (if you have any) and tells you what to do or who to contact next. It explains how you can avoid getting the virus and passing it on to other people. The App gives you information about how to look for jobs, government payments, evictions, and tells you where you can and can't travel to at the moment. It also gives you advice if you are dealing with domestic violence or mental health issues. This App has information specifically for Aboriginal and Torres Strait Islanders.

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Mental Health: Depression, Anxiety, Stress & Anger:

CALM



Use this App for help for Anxiety, Stress or to help you Sleep. This a guided meditation App with short, medium and long session (lasting 3, 10, 15 and 20 minutes). Meditation topics include: Calming Anxiety, Managing Stress, Deep Sleep, Focus and Concentration, Happiness, Gratitude, Self-Esteem and Forgiveness.

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Mental Health: Depression, Anxiety, Stress & Anger: UCLA MINDFUL



Use this App for help with Stress, Anxiety, Sleep or to help you to Relax. This App teaches you about meditation and mindfulness to help you with stress, anxiety, and sleep. There are short, medium and longer audio guided meditations. These meditations are from experts and will help you to concentrate on your breathing. The App also explains what mindfulness is and how it can help you.

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Mental Health:

Depression, Anxiety, Stress & Anger:

WHAT'S UP?



Use this App for help with Depression, Anxiety, Stress and Anger. This App helps you look at problems and worries in a new way by changing your thinking patterns. It can give you instant help such as breathing exercises and distractions. The App helps you to cope and manage your worries. There is also information about anger, anxiety, depression, self-esteem and stress (how they can be set off and how to manage them). The App has a diary to record good and bad days and keep track of your positive and negative habits.

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Mental Health: Depression, Anxiety, Stress & Anger: SUPERBETTER



Use this App for help with Depression, Anxiety and Stress. This a 'Gaming' style App which helps you to feel motivated, optimistic, happier and healthier. It gives you a list of activities to do to help change what isn't working for you. You can get support while having fun.

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Suicide Prevention:

BEYOND NOW Suicide Safety Plan



Use this App to help you deal with suicidal thoughts. This App helps you to create a *suicide safety plan*. To create your safety plan, you will be asked to record your reasons for living, and how you can distract yourself with enjoyable activities. It will give you ways to cope and people to contact for support – your friends, family, doctors and hospitals. You can then read and use the safety plan you created when you feel you are close to a crisis.

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Addiction:

Alcohol

SAYING WHEN



Use this App if you want help to cut down or stop drinking alcohol. It helps you to keep track of how many drinks you have each day or week, the days and times you drink, and who you are with. You can then set goals to stop drinking or cut down. The App will ask you about situations where you drink too much and the reasons why, as well as the effect it has on your life. You can record your urges to drink and how you coped with them. The App also has general information about alcohol.

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Addiction:

All Drugs

I AM SOBER



Use this App if you want help to stop using any type of drug (including alcohol). This App helps you keep track of how long you have been sober (not used alcohol or other drugs). You will be asked to type in the name of the drug or drugs you want to stop using, how much you spend each day on the drug, and why you want to stay sober. It will also ask you to type in the time of the day when you first stopped using the drug and what time you want to be reminded each day to stay sober. This App also has motivational quotes which can help you stay on track.

Addiction:

Gambling

GAMBLING THERAPY

The logo consists of the lowercase letters 'gt' in a bold, purple, sans-serif font. The 'g' and 't' are connected, with the 't' having a small vertical bar on its left side. The logo is centered within a white rounded square.

Use this App to help cut down or stop gambling. It will help you to find out if you have a problem, and what to do about it. You can keep track of your gambling – the type of gambling you do, how much you spend, and when you mostly gamble. It may help you to see how gambling affects your life, why you gamble, and to control your urges. The App also has ‘crisis help’, ‘live chats’, and ‘blocking software’ for online gambling. It teaches you how to set limits for yourself and connects you with other organisations if you need it.

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Domestic Violence:

DAISY



Use this App if you are experiencing family or domestic violence and want help. This App gives you information about your rights and options if you are experiencing domestic violence. It has an emergency button that calls “000” and helps you quickly contact your family or friends to let them know you are in trouble. The App tells you where to get crisis accommodation, counselling, and financial and legal help. It also tells you where to report child abuse and sexual assault.

Domestic Violence:

ARC



Use this App if you are experiencing family or domestic violence and want help. In this App you can type in abusive behaviour you have had from your partner or family. Abusive behaviour is anything that makes you feel scared or unsafe. You can talk or type into your phone to explain what happened, when it happened, and how it made you feel. You can also upload photos and videos to the App. Making a record of the violence (physical or verbal) may help you in the future.

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Aboriginal and Torres Strait Islander Services:

AODCONNECT



Use this App if you are an Aboriginal or Torres Strait Islander and would like help to cut down or stop drinking alcohol or taking other drugs. The App finds alcohol and other drug services for you (using a map). These services include counselling and referrals, support groups, rehab and services that help you stop using alcohol and other drugs safely.

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Aboriginal and Torres Strait Islander Services:

YOUR ONLINE JOURNEY



Use this App if you are an Aboriginal or Torres Strait Islander and would like help using Computers and the Internet. This App has videos, audio (reads out the words to you) and words to read. The App helps you to understand and use computers and the Internet. It shows you how you can keep in touch with family and friends. The App also shows you how you can use the Internet to look for jobs, study, buy things and do your banking. It will also teach you how to stay safe on the Internet and be aware of your digital footprint and online bullying.

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Practical Advice:

LIFE SKILLS

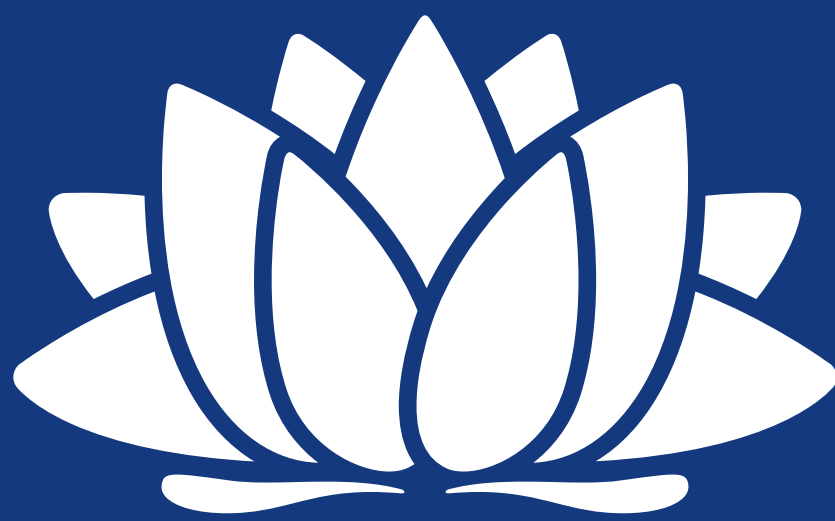


This App helps you with general life skills. It gives you simple tips for cooking, recipes and cleaning your house. It shows you how to use your money in a better way. It helps to add up how much money you get each week, the cost of the food you eat, bills and rent, and then tells you how much you have left over to spend on other things. The App also gives you a list of other useful organisations to contact if you need to.

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NSW
GOVERNMENT

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