



Shire of Murray Youth Directory

CONTENTS

Introduction	2
Schools - Primary and Secondary	3
Tertiary, Alternative and Further Education	4
Things to Do	5 - 8
Support Services - Employment	9
Support Services - Accommodation and Homelessness	10
Support Services - Alcohol and Other Drugs	10
Support Services - Counselling and Mental Health	11 - 12
Phone Support Services	13
Online Support Services	14
Mental Health and Mindfulness Apps	15 - 18



INTRODUCTION

This directory aims to provide valuable information about upcoming activities, events and services for young people within our local community.

Our goal is to ensure that the directory offers a wide range of opportunities for young people to engage with the local community, discover new interests, and participate in enriching experiences. By gathering information about different activities and services available in the Shire of Murray we can better connect young people to the opportunities that match their interests and age group.

The Shire of Murray is committed to providing the latest information on activities and events for young people in our local community. While we strive to keep this directory as up-to-date as possible we recommend reaching out to the agencies directly to ensure you have the most accurate and current information.

The Shire of Murray delivers regular activities and events for young people. These activities include school holiday activities, sporting workshops, art workshops and events such as the Shire of Murray Youth Festival. These events and activities can be seen on the Shire of Murray events calendar at www.murray.wa.gov.au.

For more information about what the Shire of Murray is doing to support and empower our young people please visit the Shire of Murray website at www.murray.wa.gov.au.





Schools - Primary

Austin Cove Baptist College (Lower Primary)

Inlet Boulevard, SOUTH YUNDERUP

Ph: 9537 7177

Web: www.acbc.wa.edu.au

Austin Cove Baptist College (Upper Primary)

1100 California Crescent, SOUTH YUNDERUP

Ph: 9520 8250

Web: www.acbc.wa.edu.au

Carcoola Primary School

7 Wisteria Crescent, NORTH PINJARRA

Ph: 9531 5900

Web: www.carcoolaps.wa.edu.au

Dwellingup Primary School

10 Newton Street, DWELLINGUP

Ph: 9538 5100

Web: www.dwellingupps.wa.edu.au

North Dandalup Primary School

1 Hines Road, NORTH DANDALUP

Ph: 9530 1202

Web: www.northdandalupps.wa.edu.au

Pinjarra Primary School

Dixon Avenue, PINJARRA

Ph: 9531 1856

Web: www.pinjarraps.wa.edu.au

St Josephs Catholic Primary School Pinjarra

40 George Street, PINJARRA

Ph: 9530 5500

Web: www.stjoespinjarra.wa.edu.au

Schools - Secondary

Austin Cove Baptist College (Secondary)

1100 California Crescent, SOUTH YUNDERUP

Ph: 9520 8200

Web: www.acbc.wa.edu.au

Pinjarra Senior High School

16 McLarty Road, PINJARRA

Ph: 9531 7000

Web: www.pinjarrashs.wa.edu.au

Tertiary, Alternative and Further Education

The Apprenticeship and Traineeship Company

3/19 Davey Street, MANDURAH

Ph: 9204 4566

Web: www.atcemployment.com.au

The Apprenticeship and Traineeship Company provide high quality training with flexible training arrangements to suit all of your training and employment needs.

South Metropolitan TAFE

2 Education Drive, GREENFIELDS

Ph: 1800 001 001

Email: info@smtafe.wa.edu.au

Web: www.southmetrotafe.wa.edu.au

The Mandurah campus is part of the Peel Education and Training (PET) campus. Whether you want to work in childcare, beauty, fabrication, aged-care or hospitality, the campus offers a wide variety of courses to prepare you.

IDEA Academy (Innovation Design Entrepreneurship Academy)

191 St Georges Terrace, PERTH

Ph: 1300 354 872

Web: ideacademy.com.au

IDEA is an alternative option to mainstream education for young creatives, innovators and entrepreneurs. We are an academy for senior secondary aged students and recent school leavers. We work with our global and local networks to arrange portfolio-based pathways to university, training and employment driven by your individual interests.

Fairbridge Village

South West Highway, PINJARRA

Ph: 1800 440 770

Web: www.fairbridge.asn.au

Email: fairbridge.village@fairbridge.asn.au

Fairbridge Village provides education, personal development and community focused initiatives for children, youth and families. Through a diverse range of activities including education, camps and community centre accommodation they aim to equip participants with practical skills, personal growth opportunities and a strong sense of self-worth and community.

Murdoch University

Education Drive, MANDURAH

Ph: 9360 6000

Email: www.murdoch.edu.au/peel

Murdoch University Peel Campus provides a range of university education courses, specialising in health courses including Nursing and postgraduate Counselling – Creative Arts Therapies.

Murray House Resource Centre

14 James St, PINJARRA

Ph: 9531 2298

Web: mhr.org.au

Murray House Resource Centre is a community-focused organization that supports people through the provision of quality education programs, information and access to key community resources that enable informed lifestyle choices and greater community participation.

Participation Coordinators – Department of Education

Billy Dower Youth Centre

41 Dower Street, MANDURAH

Ph: 9314 0456

Participation Coordinators from the Department of Education can assist with transitioning Year 11 and Year 12 early school leavers into alternative education, training or employment.

Things to Do

Austin Lakes Radio Sailing Club

Email: austinlakesradiosailing@gmail.com

Website: austinlakesradiosailing.rsawa.asn.au

Austin Lakes Radio Sailing is a Dragon Force 65 and Dragon Flight 95's club. They are affiliated with the Radio Sailing Association WA (the State body), which in turn is affiliated with the Australian Radio Yachting Association (National body). They sail every Wednesday & Saturday afternoon.

Coolup Campdraft Club

Email: coolupcampdraft@hotmail.com

Website: murrayregionalequestriancentre.com.au/coolup-campdraft-club-inc

Coolup Cutting Club

Ph: 0412 264 113

Website: www.murrayequest.com/coolup_cutting_club

Coolup Cutting Club Inc. promotes the sport of cutting out of cattle by horse and rider. We promote and encourage youth participation from 7yrs upwards. We encourage new and current members through the provision of Introductory/Practice Days and clinics. We also run shows and provide incentives in the form of Annual High Point Awards, Trophies and Prize Money.

Dwellingup Football Club (Razorbacks)

Email: razorbackfbc@hotmail.com

Ph: 0417 929 345

Website: facebook.com/dwellinguprazorbacks

Furnissdale Tennis Club

Ph: 0418 935 544

Website: kwaters@iinet.net.au

Kwillana Va'a Outrigger Canoe Club

Email: kwillanaooc@gmail.com

Ph: 0413 689 029

Murray Aquatic and Leisure Centre (The MALC)

Email: info@themalc.com.au

Ph: 9531 2000

Website: themalc.com.au

Looking for a community-focused gym that promotes health and fitness in a non-intimidating environment? Look no further than MALC! Since 1996, the Murray Aquatic and Leisure Centre has been helping people of all ages and abilities reach their fitness goals. Their staff are friendly, experienced and always ready to support and encourage you, whether you're a seasoned athlete or just starting out.

Murray District Rangers Soccer Club

Email: murraydistrictangers@gmail.com

Website: facebook.com/groups/719250394783676/



Things to Do

Murray Equestrian Association

Email: secretary.mrec@gmail.com

Ph: 0423 559 537

Website: murrayregionalequestriancentre.com.au

Murray Horse and Pony Club

Email: info@murrayhpc.com

Website: <https://www.murrayhpc.com/>

Murray Districts Pistol Club

Email: mcpc@gmail.com

Website: mdpc.org.au

Murray Districts Pistols Club is a pistol shooting complex located in The Peel Region of Western Australia. Their aim is to promote sports shooting in a fun and safe environment. They have members, coaches and range officers that will teach everything you need to know to get you started safely.

Murray Music and Drama Club

Email: info@mmdc.com.au

Ph: 9535 7826

Website: www.mmdc.com.au

The Murray Music and Drama Club has been providing quality theatre in the community since 1969. They are a friendly club with family values and community spirit that offers excellent value for money with affordable ticket prices.

Everyone is welcome at the Club, from being on stage to being behind the scenes building sets and props, to making up our award-winning costumes, they have something for everyone!

Peel Slot Car Club

Email: peelscc@yahoo.com.au

Ph: 0437 168 776

Website: facebook.com/people/Mandurah-Slot-Car-Group/

The Peel Slot Car Club Inc is a youth focused group based in South Yunderup that has been formed with the aim encouraging a new generation of racers into the great hobby of slot car racing. It is a self-funded, not for profit group run by volunteers from the Mandurah Raceway Group, with a goal of seeing future drivers experience the satisfaction of collecting, preparing and racing Slot Cars. They cater for all levels of drivers between the ages of 7 to 17 inclusive, so come and have a go!

Pinjarra Arts Hub

Email: murrayartslink@gmail.com

Website: <https://www.pinjarraarthubatedenvale.org/contact/>

Pinjarra Arts Hub hold a range of events throughout the year to showcase members' fine art and artisan crafts. They encourage participation by the public to attend workshops and engage in events which assists us with fund raising. Interwoven in all activities is a sense of fellowship and community connecting through various art and craft forms.

Pinjarra Basketball Association

Email: pinjarrapowerbasketball@gmail.com

Ph: 0427 043 537

Website: playhq.com/basketball-wa/org/pinjarra-basketball-association/

Things to Do

Pinjarra Bowling and Recreation Club

Email: pinjbowls@bigpond.com

Ph: 9531 1840

Website: pinjarra.bowls.com.au/contact-us

Our Bowling & Recreation Club offers a great venue for the sport of bowls, plus social and corporate functions and simply a lovely place to meet new people. For the complete newcomer to lawn bowls, looking for a sporting activity that promises much fun and enjoyment with a competitive element, then the friendly, welcoming atmosphere of Our Club will be the place to be.

Pinjarra Cricket Club

Email: president@pinjarracricketchub.com.au

Phone: 0432 427 993

Website: pinjarracricketchub.com.au

Established in 1874, the Pinjarra Cricket Club provides the only access to community club cricket within the Shire of Murray. With almost 200 members, including men's, women's and junior's teams, the PCC prides itself on being an inclusive club and works hard on building a great community spirit of belonging and respect.

Pinjarra Croquet Club

Email: alphabebop@yahoo.com.au

Ph: 9530 3369

Croquet is a very social game and enjoyed by all age groups and all levels of fitness. Coaching is available and all equipment is supplied. All you need to bring is water, sunscreen, a hat and comfortable shoes.

Pinjarra Football and Netball Club

Sir Ross McLarty Oval, PINJARRA

Email: secretary@pinjarrafc.com.au

Web: www.pinjarratigers.com.au

The Pinjarra Football & Netball Club (PFNC) is a not for profit, volunteer run Senior Sporting Club that competes in the Peel Football and Netball League in three sporting codes - Men's Football, Women's Football and Netball. We are committed to creating a family-orientated sporting club, encouraging and supporting junior players with their transition through to playing senior football or netball, reintroducing former players to the game, offering the opportunity for players to return to their local area and creating a safe environment for our members to be involved in. We are very passionate in the Mental Health Space and will continue to work on key initiatives that help reduce the stigma surrounding mental health within our community.

Pinjarra Golf Club

Ph: 9531 1252

Web: pinjarragolf.com.au





Things to Do

Pinjarra Junior Football Club

Email: pinjarrajuniorfootballclub@gmail.com

Website: www.pinjarratigers.com.au

Pinjarra Netball Association

Email: pinjarranetballassociation@gmail.com

Pinjarra Netball Association run a fun and social Junior Netball Competition for children in pre-primary through to Year 12. Individual or team nominations are welcome.

Pinjarra Swimming Club Inc (Pinjarra Piranhas)

Website: pinjarraswimmingclub.com.au

Pinjarra Swimming Club is home of the Pinjarra Piranhas. Located at the Murray Aquatic & Leisure Centre, Pinjarra. The two weeks sessions are free.

Ravenswood Sanctuary Model Boat Club

Phone: 0412 312 156

Website: ravenswoodmodelboats.org.au

Ravenswood Sanctuary Model Boat Club is located at the lake next to Ranger Red's Zoo off Sanctuary Park Road, Pinjarra. They have 4 types of model boat activities for participants including sailing and scale steering.

Riding for the Disabled Mandurah/Murray

Ph: 0490 682 267

Website: facebook.com/RDAMurrayMandurah

A not-for-profit organisation dedicated to providing equestrian activities.

Yunderup Sports and Recreation Club

Email: mail@yunderupsportclub.org.au

Ph: 9537 6587

Website: yunderupsportclub.org.au

Yunderup Sport & Recreation Club provides a diverse range of sports, recreational activities, and events that cater to people of all ages and interests including competition bowls, pickleball, tennis, karate and more.

Support Services - Employment

APM Disability Employment Services

15 Sholl Street, MANDURAH

Ph: 9535 5139

Web: apm.net.au

The APM Employment Services team can help you find a sustainable job with support to succeed. If receiving an income support payment and eligible for Disability Employment Services in Australia, APM can help connect you with the local employers who are hiring people right now.

Finders Keepers WA Pty Ltd

3/14-16 Pinjarra Road, MANDURAH

Ph: 1800 935 995

Web: www.finderskeeperswa.com.au

Finders Keepers have NDIS group activities, primarily based at assisting people with disability in getting into employment but we also have other life skills based workshops.

Money Mentors

Unit 17-13 Pinjarra Road, MANDURAH

Ph: 9581 1281

Web: www.moneymentors.org.au

Money Mentors offers free financial counselling for anyone experiencing difficult financial situations. Money Mentors also provides free community education and can help young people understand how to manage money and know how to avoid debt traps.

Peel Volunteer Resource Centre

Mandurah Lotteries House

Suite 12, 7 Anzac Place, MANDURAH

Ph: 9581 1187

Email: volunteering@peelvolunteer.org.au

Web: www.peelvolunteer.org.au

The Peel Volunteer Resource Centre links people who want to volunteer to volunteer involving organisations that require volunteers to deliver their services to the community. They support volunteer involving organisations with Volunteer Management Programs and promote volunteerism.

Peel Jobs and Skills Centre

2 Education Drive, GREENFIELDS

Ph: 13 64 64

Email: peeljsc@smtafe.wa.edu.au

Located on the Mandurah campus of South Metropolitan TAFE the Peel Jobs and Skills Centre offers a range of information and services linked to training and career development. Peel Jobs and Skills provide free practical advice on career, training and employment pathways and links to job opportunities.

Matchworks Pinjarra

20 George Street, PINJARRA

Ph: 6350 4795

MatchWorks offers employment services to job seekers and employers in the Pinjarra area. They deliver tailored support, mentoring, training and practical assistance so jobseekers can find the right job opportunity for them. The Disability Employment Services (DES) team help job seekers with disability, injury or health conditions prepare for, find, and keep a job.

Support Services - Accommodation and Homelessness

Calvary Youth Services

40 Sutton Street, MANDURAH

Ph: 9581 1741

Email: admin@calvaryyouth.com.au

Calvary Youth Services provides emergency crisis accommodation for young people aged 15 – 25 who are homeless or at risk of homelessness. They offer a range of services including a Case Management Program as well as a Drug Education Support Program.

Passages Resource Centre

20 Davey Street, MANDURAH

Ph: 9583 5160

Email: passages@svdpwa.org.au

Web: www.passages.org.au

Passages engages with young people who are experiencing homelessness and disconnection from the community. Their objective is accessibility and inclusion for the greatest number of young people in need, enabling some of the most hardest to reach youth populations to overcome disadvantage and realise their full potential.

Support Services - Alcohol and Other Drugs

Palmerston Association Inc. (South Metro Community Drug Service)

Forrest Medical Centre

1 McKay Street, PINJARRA

Ph: 9581 4010

Email: mandurah@palmerston.org.au

Web: www.palmerston.org.au

Palmerston Association is a leading and respected not for profit provider of alcohol and other drug services. They have a rich and proud history of providing support through a range of services including counselling, groups, residential rehabilitation and educational initiatives. Free community services are based in 10 locations throughout the metropolitan and Great Southern region. We also offer outreach in areas such as Waroona, Pinjarra and Medina. Additionally, Palmerston has two residential rehabilitation services, known as therapeutic communities, one in the southern suburbs of Perth and one in the South West.

SDERA (School Drug Education and Road Aware) – Peel Region

John Tonkin College

35 Gibla Street, MANDURAH

Ph: 0427 426 790

Email: rsde.rfa@education.wa.edu.au

Web: www.sdera.wa.edu.au

SDERA is the State Government's primary drug and road safety strategy for young people. Our purpose is to prevent road related injuries and the harms from drug use. SDERA works with schools and the wider community to provide prevention education aimed at keeping young people safer. SDERA provides professional development services, consultancy advice and support resources to develop effective drug and road safety programs within schools and communities.

Support Services - Counselling and Mental Health

Anglicare WA

2/331 Pinjarra Road, MANDURAH

Ph: 1300 114 446

Web: www.anglicarewa.org.au

Anglicare can assist with relationship counselling for couples, individuals and families, enhancing relationships, dealing with relationship difficulties or conflict, parenting issues, emotional or physical abuse, separation, step-family issues, emotional regulation, anger, depression, self-esteem, grief, major changes in life, preparation for marriage, workplace issues.

CHOYCES (Children and Youth Community Services)

432 Lakes Road, GREENFIELDS

Ph: 9581 3365

Web: www.choyces.org.au

Children and Youth Community Services is an organisation which supports children and youth throughout various parts of their lives. They work with primary school aged children all the way through to early twenties. They have been open since 1993 and were previously known as Peel Youth Services and deliver a wide range of programs.

Headspace Mandurah

10c/327 Mandurah Terrace, MANDURAH

Ph: 9544 5900

Web: headspace.org.au

headspace Mandurah offers diverse options as they believe one on one counselling is not everyone's cup of tea. Outside of their counselling sessions they also offer art therapy groups on Wednesday evenings during school term and art therapy one on one sessions. Sprinkles (LGBTQIA+) group is run on Tuesdays during school term. headspace also aims to visit Waroona and Pinjarra once per month, but also offers phone or online counselling sessions for those who prefer as well as a monthly family/friends and carers peer support group. They can help with work and study options as well as interview role play and resume preparation.

Helping Minds

Lotteries House

7 Anzac Place, MANDURAH

Ph: 9427 7100

Web: www.helpingminds.org.au

HelpingMinds offers free support to family and friends of people living with mental health challenges across WA. This includes services for adults and families, young people, schools, community and NDIS Services.

Mission Australia - Reconnect

41 Dower Street, MANDURAH

Ph: 9531 9400

Web: missionaustralia.com.au

Email: reconnectpeel@missionaustralia.com.au

Reconnect is an outreach support service for young people aged 12-18 years who are homeless, at risk of becoming homeless or experiencing family conflict. Reconnect works with young people and their families to provide support through informal counselling, medication, referrals, advocacy, group work and practical support. We aim to help young people tackle issues that are causing problems in their life and improve family relationships and maintain participation in education, employment, family life and community.

Support Services - Counselling and Mental Health

Parenting Connection

Kooljack Street, DUDLEY PARK

Ph: 0402 517 389

Email: peel.pcwa@anglicarewa.org.au

Web: parentingconnectionwa.com.au

Parenting Connection WA (PCWA) is a partnership between Anglicare WA and Ngala that was formed in 2017 to support parents and caregivers with the knowledge and skills to build their confidence and help their children thrive. Their programs are funded by the Department of Communities and cover most of Western Australia. Their mission is for all parents and caregivers to be supported with the knowledge, skills, confidence and networks to nurture the wellbeing and development of their child, through the provision of FREE, inclusive and locally relevant parenting services.

Peel Community Legal Services

61B Pinjarra Road, MANDURAH

Ph: 9581 4511

Email: hello@peelcls.com.au

Web: www.peelcls.com.au

Peel Community Legal Services offers free general legal advice, advocacy support and community legal education to people on a low income or disadvantaged who live in the Peel region.

Peel Youth Medical Services (PYMS)

Peel Health Hub

91 Allnutt Street, MANDURAH

Ph: 9583 5435

Email: office@peelyouthmedicals.com.au

Peel Youth Medical Service (PYMS) provides confidential health services in a safe, non-judgmental environment with a focus on young people, aged 12 – 25 years. They have a dedicated, youth friendly team including doctors, practice nurses, mental health social workers and a co-located psychologist.

Street Net Youth Service

Peel Health Hub

91 Allnutt Street, MANDURAH

Ph: 9535 8263

Email: info@streetnet.org.au

Web: www.streetnet.org.au

Street Net Youth Service is a free youth service for disengaged young people commencing secondary education up to 18 years of age, including Aboriginal and culturally and linguistically diverse youth. Individual support and case management, mentoring, outreach, drumming, school-based programs, RYDE program, KidSport, and youth and community events.

Youth Focus

Peel Health Hub

91 Allnutt Street, MANDURAH

Ph: 6266 4333

Youth Focus offers a number of services including youth counselling, web counselling, mental health education, peer support programs and mentoring programs.

Phone Support Services

Mental Health Support Services

Mental Health Emergency Response Line	1800 676 822
LifeLine	13 11 14
Lifeline Crisis Text Service	0477 131 114
13YARN, Support for Aboriginal and Torres Strait Islander People	13 92 76
BeyondBlue	1300 224 636
Suicide Call Back Service	1300 659 467
Samaritans Crisis Line	13 54 27
MensLine	1300 78 99 78
QLife, Support for LGBTQIA+ Communities	1800 184 527
Butterfly Foundation (Eating disorders and body image concerns)	1800 334 673
Child Protection and Family Support Crisis Care Helpline	1800 199 008
HealthDirect, General Health Information	1800 022 222

Alcohol and Drugs Support Services

Here for You Program	1800 437 348
Alcohol and Drug Support Line	9442 5000
Parent and Family Drug Support Line	9442 5050

Kids and Youth Support Phone Services

Child and Mental Health Support Crisis Connect	1800 048 636
Kids Helpline	1800 551 800
headspace	1800 650 890
Beyond Blue - Youth	1300 224 636



Online Support Services

Beyond Blue

www.beyondblue.org.au

Provides resources and information about depression and anxiety, and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live.

Black Dog Institute - Youth

www.biteback.org.au

The Black Dog Institute aims to improve the mental health and wellbeing of young people. An educational, research, clinical and community-oriented website aimed at improving understanding, diagnosis and treatment of mood disorders.

Headspace

www.eheadspace.org.au

A variety of online and telephone mental health support services.

LifeLine

www.lifeline.org.au

A national charity providing all Australians experiencing emotional distress with access to 24 hour crisis support and suicide prevention services.

MyFuture

myfuture.edu.au

MyFuture provides resources to explore career pathways and tools to develop self-knowledge to help with career decision making.

ReachOut

au.reachout.com

A safe place to chat anonymously, get support and feel better.

Strong Spirit, Strong Mind

strongspiritstrongmind.com.au

The Strong Spirit Strong Mind Aboriginal Programs team has a key role in the development of knowledge and skills within the alcohol and other drug, mental health, and broader community services sector, to work in culturally secure ways through workforce development initiatives, and to contribute to a skilled Aboriginal workforce for Western Australia.

WA Youth Services Directory

wayouthservicesdirectory.org.au

Your one stop location for all things youth. Direct contacts to the people that are here to help young people on their path through life.

Mental Health and Mindfulness Apps



Calm

Calm is the #1 mental health app designed to help you manage stress, sleep better and live a happier, healthier life. Their research based tools help you build life changing habits to support your mental health.



Headspace

Headspace makes mental health support accessible to everyone, no matter their background or experience. Through the flagship Headspace app, they provide mindfulness tools for everyday life including meditations, sleepcasts, mindful movement and focus exercises.



Smiling Mind

SmilingMind is a unique tool developed by psychologists and educators to help bring balance to your life. Practice your daily meditation and mindfulness exercises from any device.



Insight Timer

A free app that provides guided meditations, sleep music tracks and talks led by the top meditation and mindfulness experts, neuroscientists, psychologist and teachers from Stanford, Harvard, the University of Oxford and more.



Sleep Ninja

This app was designed and developed by the Black Dog Institute in consultation with young people, their parents/carers, psychologists, counsellors and sleep experts. It is an adolescent-focused app which helps young people improve their sleep. It is free to use and backed by research.



Happify

Happify provides people with the tools to take control of their thoughts and feelings, offering techniques for mindfulness and cognitive behavioural therapy. Happify focuses on happiness and the science behind it, providing games and activities to help retrain people's negative thoughts.

Mental Health and Mindfulness Apps



SuperBetter

Superbetter is a cool created by game designers to help you build resilience and get happier, stronger and healthier. Each activity used gaming techniques to help you tackle tough challenges, change what isn't working and reach your goals. You can get support and help others while having fun.



Onlyhuman

Onlyhuman uses short films and simple tasks to boost wellbeing. The Onlyhuman team travelled the world and made 365 short films about how different people live. These films work with evidence-based tasks, created by a team of experts, to boost your wellbeing.



Mindshift CBT

Mindshift CBT is a free self-help anxiety relief app that helps you reduce worry, stress and panic by following evidence-based strategies. You can challenge negativity, learn about anxiety and develop more effective ways of thinking.



Breakup Shakeup

Feeling down after a breakup or finding it hard to find motivation for anything? Breakup Shakeup can help you to come up with cool ideas to support you during this time. Getting active and socialising are among the best things you can do to start feeling happier and stronger again.



Talkspace

Talkspace is convenient, affordable and allows users to be matched with a licensed therapist. Operating on a subscription based service model, this app is available for users aged 13 and over. This app allows a user to contact their allocated therapist anytime and are guaranteed the therapist will respond once per day, 5 days per week.



I Am - Daily Affirmations

Daily affirmations help rewire our brains, build self-esteem and change negative thought patterns. Positive affirmations help make major shifts in your mindset and serve as prompts and daily reminders about what you are truly capable of.

Mental Health and Mindfulness Apps



BetterSleep

The BetterSleep app is designed to help people improve their sleep quality and overall well-being by providing a range of tools, content, and features aimed at enhancing sleep habits and promoting restful nights.



Daily Journal: CBT Self Care

CBT Self-care Journal is designed to help you take better care of your emotional well-being with proven, easy to use, and self-guided Cognitive Behavioral Therapy (CBT) and journaling techniques. The app provides easy methods to monitor your progress and track your journey.



Beyond Now Suicide Safety Plan

Beyond Now is a suicide safety planning app from Lifeline. Safety planning can help if you're having trouble coping, or when you or someone you know is experiencing suicidal thoughts or feelings. You can use the app to create your own easy-to-follow plan to help you in those moments



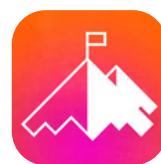
Strava: Run, Bike, Hike

Strava makes fitness tracking social, housing your entire active journey in one spot to share with friends. This app records activities, tracks progress and keeps you safe by sharing your location with family or friends.



MindSpot Clinic

MindSpot supports Australian adults experiencing stress, anxiety, depression, OCD, PTSD, and chronic pain. All of their services are free, confidential, and online, and provide optional access to qualified therapists. MindSpot is a non-profit mental health service funded by the Australian Government.



MoodMission

MoodMission is an evidence-based app designed to empower users to overcome feelings of depression and anxiety by discovering new and better ways of coping. When you tell MoodMission how you're feeling, it gives you a tailored list of 5 effective, evidence-based Missions to improve your mood.

Mental Health and Mindfulness Apps



myCompass

The myCompass mood tracking features allows you to track your thoughts, feelings, and behaviours in four areas – depression, anxiety, stress, and sleep. It provides graphical feedback to help you better recognise the patterns and triggers that impact your mental health, both positively and negatively.



ReachOut WorryTime

Everyone has worries pop into their head from time to time, but sometimes they won't go away and start to impact your everyday life. This app interrupts this repetitive thinking by setting aside your worries until later, so you don't get caught up in them and can get on with your day.



Grateful

Grateful is designed to make reflection and giving thanks both a joyful and easy process. Daunted by a blank page? Not quite sure where to start? Grateful will greet you with one question, such as. 'What made you smile today?' or 'What made today a good day?'. All you have to do is answer.



MoodKit

MoodKit is designed to improve your mood and overall wellbeing. Developed by two clinical psychologists, it offers more than 200 activities tailored to your goals. It helps manage negative feelings and tools to rate and chart your mood, keep a journal and get tips and guidance.



MoodDiary and Stress Journal

The Mood Journal app is a tool for monitoring mood swings. The Mood Diary helps you understand how your mood changes during the day. The Mood Tracker app helps you to keep track of your emotional changes and shows you what affects you and how it affects you. The Mental Health Tracker shows the relationship between exercise and mood.



Calm Urge: Self Harm Tracker

Calm Urge: Self Harm Tracker is more than just an app; it's your go-to resource for managing self-harm, monitoring your mood, and achieving sobriety from various addictions, including vaping, alcohol, and more. Start your transformative journey towards emotional well-being and freedom.



murrayyouthforyouth



murrayyouthforyouth