

# For your Mind Toolkit



**Keeping a health mind-set will help our whole wellbeing from the way we feel (our thoughts and feelings) to how we physically feel (the way our body reacts). It is important to recognise what triggers these feelings, thoughts and physical reactions.**

## **Mind Toolkit**

### **A website full of ideas, Apps, and free information**

This includes Mood Assessment Program, MoodGym, Moodkit, iCope, Smiling Mind, Talking Anxiety, Body Beautiful, DeepSleep, SuperBetter, Live Happy, Pillboxie, iCounsellor.

<http://www.youngandwellcrc.org.au/>

## **Mind Tools**

<http://www.mindtools.com/#np>

## **Person Centred Planning**

- Always remember you need to have a good relationship with your client first and a good grasp of the program you are recommending. You can't be mucking around working out how to use it, or they'll look at you as though you are unprofessional. Never forget one size does not fit all – not everyone is interested in technology. Always, go through the program with them and demonstrate how it works. Some clients will dislike one app while others will love it.
- Difficulty with almost all of these apps is that they have not been subjected to proper evaluation, so they can only be used as adjuncts or in support of evidence-based treatments. It is my hope that eventually they will be evaluated rigorously and we'll have a better understanding of what works and why. -

Sourced from 'youngandwell'. Great tools to work with young people - with thanks to Dr Michael Carr-Gregg.

[http://www.iod.unh.edu/Projects/archived/person-centered-planning/project\\_description.aspx/what-is-person-centered-planning/](http://www.iod.unh.edu/Projects/archived/person-centered-planning/project_description.aspx/what-is-person-centered-planning/)

## Resources

### UnitingCommunities Counselling

<http://www.unitingcommunities.org/find-a-service/counselling-mental-health/>

### Anxietyonline

<http://apo.org.au/resource/anxiety-online>

### Beyond Blue

<http://www.beyondblue.org.au/>

### Centre for Clinical Interventions

<http://www.cci.health.wa.gov.au/>

### Blackdoginstitute

<http://www.blackdoginstitute.org.au/sitemap/index.cfm>

### Youth Adult Health

<http://www.cyh.com/SubContent.aspx?p=223>

### Carers SA

<http://carers-sa.asn.au/>

### Family Mediation and Relationships

<http://www.relationships.org.au/what-we-do>

### Find a Pscychologist

<http://www.psychology.org.au/fap/>

For more resources check out the Wellbeing Module Resources Page.