

Well-being Apps

- <https://calmharm.co.uk/>
- <https://itunes.apple.com/nz/app/virtual-hope-box/id825099621?mt=8>
- <https://itunes.apple.com/nz/app/stop-breathe-think/id778848692?mt=8>
- <https://www.headspace.com/>
- <https://www.smilingmind.com.au/smiling-mind-app>
- <https://itunes.apple.com/nz/app/calm-meditation-and-sleep/id571800810?mt=8>

Access free counselling by clicking on below link. Doesn't replace a therapist but useful for brief intervention. Check it out...

- <https://www.iamhope.org.nz>