

Resources to Support Four Pillars of Resiliency

Select an icon below to view the resource list. Select  to return to this page.



Nutrition

Nutrition resources are intended to offer information and supports to promote healthy eating and provide fuel for the work and life demands experienced by First Responders.



Movement

Movement resources are intended to offer information and supports to assist with the physical demands experienced by First Responders.



Recovery

Recovery resources are intended to offer information and supports to assist with the rejuvenation and repair from the physical and psychological demands experienced by First Responders.



Mindset

Mindset resources are intended to offer information and supports to address the psychological demands experienced by First Responders and promote psychological resilience, good mental health, and positive behaviour changes.

Note: The resources have been grouped by websites, articles, online learning, phone and apps. Please read terms of use carefully for each resource as some platforms offer free content and charge fees for additional features and others provide a free trial use with fees for continued use.



Websites

[Unlock Food - Dieticians of Canada](#)

[Canada's Food Guide to Healthy Eating \(Revised 2019\)](#)

[Food & Nutrition - Health Canada](#)

[Tips for Healthy Eating – Health Link BC](#)

[Tips for Healthy Eating - Heart and Stroke Canada](#)

[BMI, Activity and Calorie Calculator WebMD](#)

[Nourish - WebMD](#)

[Food Safety - Partnership for Food Safety](#)

[Nutrition & Fitness - Diabetes Canada](#)

[Nutrition.gov - United States Department of Agriculture](#)

[Vegan & Vegetarian Diets - Vegetarian Resource Group](#)

[Vegan & Vegetarian Recipes – Veg Web](#)

[Healthy Vegetarian Eating - Alberta Health Services](#)

Articles

[Ready for Duty eLearning Series – Nutrition Module - Public Services Health and Safety Association](#)

[Eat, sleep and be healthy – a paramedic’s guide to healthier shift work. - Canadian Paramedicine](#)

[Nutrition Tips for Shift Workers - Unlock Food](#)

[Nutrition for Shift Workers - Dietitian Tips for What to Eat for Shift Work \(healthstandnutrition.com\)](#)

[Shifting Nutrition – Work Safe Australia](#)

[Special Nutritional Considerations for Shift Workers - Dieticians of Canada](#)

Online Learning

[Health Behavior Change: From Evidence to Action | Coursera](#)
Yale University

[Introduction to Health and Wellness | edX](#)
Arizona State University

[Introduction to Food & Health | edX](#)
Stanford University

[Mental Health and Nutrition | edX](#)
University of Canterbury









Phone Resource

Speak with a Registered Dietician for Free!

Call [Telehealth Ontario](#) toll-free at 1-866-797-0000 and request to speak with a registered dietitian regarding nutrition and healthy eating.



App Name & Description

	<p>MyPlate Helps you learn more about healthy eating, set goals and track your progress. Developed by the United States Food and Drug Agency. (Free; iOS and Android)</p>
	<p>Ate - Mindful Food Journal An easy to use food journaling app designed to help you establish and maintain healthy eating habits. Ascribes to a mindful, intuitive, and body positive approach to eating and health. (Free; iOS and Android)</p>
	<p>MyFitnessPal Take control of your goals. Allows you to track food intake, break down ingredients, set goals and log activities. It has an extensive food database, barcode scanner that makes logging foods easier, and a recipe importer for adding the nutrition info for meals made from scratch. (Free; iOS and Android)</p>
	<p>Cookspiration Be inspired to cook any time, day or night with Cookspiration, created by Dietitians of Canada. Offers information and recipe suggestions to suit people's tastes and preferences. Includes budget friendly and kid approved options. Includes a helpful My Menu Planner tool. (Free; iOS and Android)</p>
	<p>Fooducate Nutrition Coach Helps people to learn about nutrition and eat healthier, set fitness goals and track progress, lose weight, and improve their health. (Free; iOS and Android)</p>
	<p>Yummly: Personalized Recipes Yummly offers over 2 million step-by-step recipes which you can personalize to your tastes, preferences & dietary needs including allergies, restrictions and pregnancy. It will make suggestions based on what you have on hand and in your fridge, but will also create a shopping list based on ingredients in a recipe.</p>
	<p>Rise Up + Recover Rise Up is not only oriented to people with eating disorders, but really anyone and everyone who is trying to build a healthier relationship with food. It helps users to better understand how their thoughts and emotions impact eating behaviors and encourages a healthier relationship with food. (Free; iOS and Android)</p>
	<p>Body & Mind - Dining Decisions - Centers for Disease Control Helps your kids make smart food choices to stay powered up. Learn which foods give you more energy and powerful muscles and which ones are better to eat only sometimes. (Free; iOS and Android)</p>



Websites

[Canadian Society for Exercise Physiology](#)

[ParticipACTION](#)

[Canadian Centre for Activity and Aging - Western University \(uwo.ca\)](#)

[Stay active | Heart and Stroke Foundation](#)

[Exercise & activity - Diabetes Canada](#)

[Move more sit less | Canadian Cancer Society](#)

[Arthritis and Physical Activity - Arthritis Society Canada](#)

[Active Living for Aging Adults | Active Aging Canada](#)

[Exercise and Physical Activity | National Institute on Aging \(nih.gov\)](#)

[Walk. Run. Dance. Play. What's your move? - Move Your Way | health.gov](#)

[Physical Activity | CDC](#)

Online Learning












[Ready for Duty eLearning Series – Movement Module - Public Services Health and Safety Association](#)

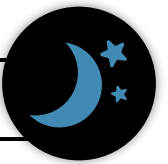
[Paramedic Exercise Program - Red River College](#)

[Full Body Workout for EMTs & Paramedics On-The-Go | Performance Health](#)



App Name & Description

	<p>ParticipACTION Canadian app offers excellent information and workout options for all ages and abilities. (Free; iOS and Android)</p>
	<p>Seven: Home Workout & Exercise Seven minute workouts that can be done anywhere. (Free; iOS and Android)</p>
	<p>FitOn Workouts & Fitness Plans App includes high-intensity and strength training, yoga, Pilates and cardio classes. (Free; iOS and Android)</p>
	<p>Daily Workouts - Home Trainer App provides hundreds of exercise videos including full-body and muscle specific workouts. Can be performed anywhere and are 5-30 minutes in duration. (Free; iOS and Android)</p>
	<p>Nike Run Club Helps users to start running, keep running, and enjoy running more. Includes guided runs, training plans, pace tracker, running log, and GPS distance tracker. (Free; iOS and Android)</p>
	<p>RunKeeper by Ascics Helps users to set goals and work toward them with customized training plans. Allows you to track your runs and review your progress. (Free; iOS and Android)</p>
	<p>Runtastic by Adidas Adidas offers both free running and workout apps that have been highly rated. (Free; iOS and Android)</p>
	<p>Couch to 5K - C25K – Zen Labs Fitness App to support users who are new to running. Zen Labs also offers several highly rated apps to support fitness and running. (Free; iOS and Android)</p>
	<p>Yoga for Beginners - Workouts for the Mind & Body Learn how to relax your mind & body with simple and effective yoga workouts you can do anytime, anywhere. (Free; iOS and Android)</p>
	<p>Simply Yoga Home Instructor For beginners to advanced practitioners. Video and audio instructions provided throughout entire routines. (Free; iOS and Android)</p>
	<p>Daily Yoga - Workout & Meditation Popular and highly rated app offers online yoga and meditation classes. Users can track their practice and progress. (Free initial trial; iOS and Android)</p>



Websites

[Canadian Sleep Society](#)

[American Academy of Sleep Medicine](#)

[Sleep on it Canada](#)

[Sleep Foundation of Canada](#)

[Better Sleep Council](#)

Articles

<https://www.sleepfoundation.org/shift-work-disorder>

[Coping with Shift Work - UCLA Sleep Disorders Center](#)

[Shift Work Disorder: Overview and Complications | Sleep Foundation](#)

[Shift work and sleep: Sleep tips from the experts - The Ottawa Hospital](#)

[Tips for Shift Workers: How to Get Better Sleep | Sleep Foundation](#)

[Night Shift Sleep Problems - WebMD](#)

[Shift Work Sleep Disorder \(alberta.ca\)](#)

[Rotational Shiftwork: OSH Answers \(ccohs.ca\)](#)

[Shift Work Sleep Disorder: Treatment, Diagnosis, Disability, and More \(healthline.com\)](#)

[Getting a Good Night's Sleep \(anxietycanada.com\)](#)

[Your Guide to Healthy Sleep \(nih.gov\)](#)

[CDC - Sleep Home Page - Sleep and Sleep Disorders](#)

Online Learning

[Ready for Duty eLearning Series – Recovery Module - Public Services Health & Safety Agency](#)

[Managing Your Health: The Role of Physical Therapy and Exercise | Coursera](#)

University of Toronto

[Health Behavior Change: From Evidence to Action | Coursera](#)

Yale University

[Staying Fit | edX](#)

Stanford University

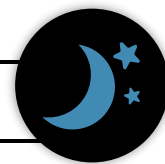
[Introduction to Health and Wellness | edX](#)

Arizona State University

Online Treatment Tools

You can access MindBeacon's free therapist –guided, [Cognitive Behaviour Therapy program for Insomnia](#) from your computer or on any mobile device. The program will help you learn new skills and habits to improve your sleep.

The MindBeacon therapist provides personalized treatment including readings and exercises tailored specifically for your needs and delivered through email and text messaging. This program is currently available for free for Ontario Residents.



Online Learning

[Mindfulness and Resilience to Stress at Work - edX](#)

University of California Berkley

[Foundations of Mindfulness - Coursera](#)

Rice University







[Mindfulness and Well-being: Living with Balance and Ease](#)

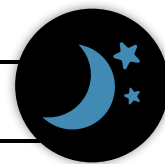
| [Coursera](#)

Rice University

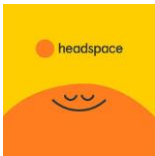

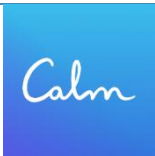




Online Treatment Tools

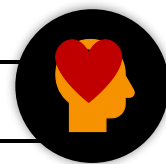
App Name & Description

	<p>Timeshifter - Shift Work Edition App designed to assist shift workers to optimize their sleep, alertness, health, and quality of life. (Free; iOS and Android)</p>
	<p>Noisli - Background Sounds The app provides "background sounds" and a colour generator to help to drown out annoying noises. High quality ambient sounds are intended to help create a pleasant environment for relaxing or sleeping. (Free; iOS and Android)</p>
	<p>Pzizz - Sleep, Nap & Focus Music and calming voices assist users in falling asleep quickly and waking up feeling restored. (Free; iOS and Android)</p>
	<p>Slumber - Fall Asleep and Minimize Insomnia This app has an extensive library which includes stories, meditations, soundscapes, and music that are designed to quiet the mind and gently guide you to sleep. (Free; iOS and Android)</p>
	<p>CBT-i Coach (US Veterans Affairs) CBT-i Coach is for people who are engaged in Cognitive Behavioral Therapy for Insomnia with a health provider, OR who have experienced symptoms of insomnia and would like to improve their sleep habits. The app will guide users through the process of learning about sleep, developing positive sleep routines, and improving their sleep environments. It provides a structured program that teaches strategies proven to improve sleep and help alleviate symptoms of insomnia. (Free; iOS and Android)</p>
	<p>Insomnia Coach (US Veterans Affairs) The Insomnia Coach app was created for everyone, including Veterans and Service members, to help manage insomnia. The app is based on Cognitive Behavioral Therapy for Insomnia (CBT-I). Features include:</p> <ul style="list-style-type: none"> • Guided, weekly training plan to help you track and improve sleep • Sleep coach with tips for sleeping and personal feedback about your sleep • Interactive sleep diary to help you keep track of daily changes



App Name & Description

	<ul style="list-style-type: none"> • 17 tools to help you get your sleep back on track (Free; iOS and Android)
	<p>Headspace Meditation and Sleep Made Simple This extremely popular, highly-rated app is designed to help you to reduce stress, improve sleep, increase focus, enhance mood and learn to live mindfully. Access hundreds of themed sessions including “bite sized” meditations for busy schedules. Appropriate for all users including those who are new to meditation as well as those who have experience with it. (Free initial trial and low cost subscriptions; iOS and Android)</p>
	<p>Ten Percent Happier This very popular and highly rated app teaches mindfulness meditation to promote calm, relaxation, insight, and sleep. (Free initial trial and low cost subscriptions; iOS and Android)</p>
	<p>Calm This highly rated app teaches mindfulness meditation to reduce stress, promote restful sleep, and sense of calm. (Free initial trail and low cost subscriptions; iOS and Android)</p>
	<p>Breathe2Relax This app is a stress management tool which provides detailed information on the effects of stress on the body and instructions and practice of diaphragmatic breathing. (Free; iOS and Android)</p>
	<p>Reflectly - Journal & AI Diary This app is designed to support journaling assisted by artificial intelligence. Helps the user to structure and reflect upon their thoughts and concerns. Includes a mood tracker and daily inspirational quotes. (Free; iOS and Android)</p>
	<p>Mindfulness Coach (US Veterans Affairs) This app provides a gradual, self-guided training program designed to help you understand and adopt a simple mindfulness practice. Mindfulness Coach also offers a library of information about mindfulness, 12 audio-guided mindfulness exercises, a growing catalog of additional exercises available for free download, goal-setting and tracking, a mindfulness mastery assessment to help you track your progress over time, customizable reminders, and access to other support and crisis resources. (Free; iOS and Android)</p>
	<p>Moshikids This app provides stories, music, sounds, and meditations to help kids sleep better, reduce anxiety and relax at bedtime. Ages 0-10. (Free initial trail and low cost subscriptions; iOS and Android)</p>



Online Learning



[First Responder - Ready for Duty eLearning Series](#)

Public Services Health and Safety Association, Waterloo University, and Wilfrid Laurier University

The complete series consists of 6 x 45 minute modules intended to promote resiliency including:

- [Introduction](#) – An overview of the 4-pillar model for paramedic performance.
- [Nutrition](#) – Fueling for work and life demands.
- [Recovery](#) – Repair and rejuvenation from mental and physical work.
- [Movement](#) – Capacity and movement competency for work in paramedicine.
- [Mindset](#) – Mental preparation and readiness for positive health behaviour change.
- [Performance](#) – Integrating fundamentals from each pillar to sustain a happy and healthy career in paramedicine.

Modules can be accessed on a computer, tablet, or mobile device: (Free; [iOS](#) and [Android](#))



[ResilientME by the Public Services Health & Safety](#)

[Association](#) is a free, 30-minute, self-guided, online, micro learning platform that teaches users how to recognize factors that contribute to resiliency. The program also offers strategies and tools to strengthen resiliency in six areas: mental fitness, physical fitness, nutrition, financial fitness, sleep and social connections. This training is relevant for all workers.



[Here to Help - BC Partners for Mental Health & Substance](#)

[Abuse Information](#) provides eleven online modules to support psychological health, wellness and resiliency including:

- [Mental Health Matters](#)
- [Stress and Well-Being](#)
- [Social Support](#)
- [Problem-Solving](#)

Online Treatment Tools

Below are a list of online screening platforms and tools that may help identify symptoms of conditions including mood and anxiety disorders, post-traumatic stress disorder, sleep disorders, and higher risk alcohol use. *The screening tools may be accessed anonymously* – user responses are not monitored or recorded. The tools are intended to educate and inform and are not intended to provide a clinical diagnosis.

Accurate diagnoses for anxiety, mood, and post-traumatic disorders, or any other mental health conditions, may only be made by qualified physicians, nurse practitioners, or qualified, registered and licensed, mental health professionals, through a comprehensive assessment. A physical examination may also be necessary to rule out medical illnesses or other conditions that could also account for symptoms. Please consult with your own primary health care provider or registered mental health professional to discuss your results.

[Check in on Your Mental Health - Canadian Mental Health Association \(CMHA\)](#)

[First Responder Mental Health Screening- Canadian Institute for Public Safety Research and Treatment \(CIPSRT\)](#)

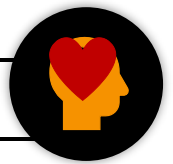
[Screening Self-Tests | BC Partners for Mental Health & Substance Use Information](#)

[Perceived Stress Scale - Centre for Addiction and Mental Health \(CAMH\)](#)

[How Much Stress is Too Much Stress Scale - Centre for Addiction and Mental Health \(CAMH\)](#)

[Mental health and substance use screening self-tests - Fraser Health Authority](#)

Online & Virtual Mental Health & Substance Abuse Treatment
[Free, Virtual, Mental Health Treatment for Ontario](#)



Online Learning

- [Anger Management](#)
- [Getting a Good Night's Sleep](#)
- [Eating and Living Well](#)
- [Healthy Thinking](#)
- [Finding Balance](#)
- [Staying Mentally Healthy with Technology](#)
- [Mindfulness](#)

[Mind Control - Managing Your Mental Health during COVID-19 - Coursera](#)
University of Toronto

[Mental Health and Resilience for Healthcare Workers | Coursera](#)
University of Toronto

[The Science of Well-Being – “Happiness 101” - Coursera](#)
Yale University

[Resilience Skills in a Time of Uncertainty | Penn \(upenn.edu\)](#)
University of Pennsylvania

[Positive Psychology - Resilience Skills - Coursera](#)
University of Pennsylvania

[Becoming a Resilient Person - The Science of Stress Management - edX](#)
University of Washington

[Build Personal Resilience - Coursera](#)
MacQuarie University

[Managing Emotions in Times of Uncertainty and Stress - Coursera](#)
Yale University

[Positive Psychology: Martin Seligman's Visionary Science - Coursera](#)
University of Pennsylvania

[Positive Psychiatry and Mental Health - Coursera](#)
University of Sydney

Online Treatment Tools

[Health Care Workers](#)

Frontline health care workers who have been negatively affected by COVID-19 can access free, short-term, confidential, virtual psychotherapy and psychiatric services from a clinician. [Self-refer online](#) or by phone to any of the access points below:

- [Ontario Shores Centre for Mental Health Sciences, Whitby](#)
- [St. Joseph's Healthcare, Hamilton](#)
- [The Royal Ottawa Mental Health Centre, Ottawa](#)
- [Waypoint Centre for Mental Health Care, Penetanguishene](#)
- [Centre for Addictions and Mental Health \(CAMH\), Toronto](#)

[MindBeacon for Ontario Residents](#)

Free, therapist guided, internet-delivered, Cognitive Behaviour Therapy (i-CBT). Award-winning, evidence-based program developed and provided by Canadian psychologists to treat depression, anxiety and other conditions.

[AbilitiCBT for Ontario Residents](#)

Free, therapist guided, internet-delivered, Cognitive Behaviour Therapy (i-CBT)

[Bounceback Ontario](#) (Youth 15-18 and Adults 19+)

Free mental health coaching and Cognitive Behaviour Therapy workbooks.

Complete this form [Bounceback Referral Form](#)

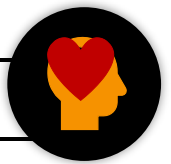
Workbooks available in English, French, Arabic, Farsi, Traditional and Simplified Chinese, Spanish and Punjabi.

[Breaking Free](#)

Award-winning, evidence-based, online treatment and recovery program for alcohol, cannabis and other substances (Free for Ontario Residents)
(Can be used with the Breaking Free Companion App - Free; [iOS](#) and [Android](#))

[My Anxiety Plan \(For Adults\)](#)

My Anxiety Plan (MAP) is an anxiety management program developed by Anxiety Canada based on Cognitive Behaviour Therapy. Can be used with the companion app: [MindShift CBT](#) (Free; [iOS](#) and [Android](#))



Online Learning

[Mindfulness and Resilience to Stress at Work - edX](#)

University of California Berkley

Online Treatment Tools

[Moodgym](#)

Moodgym is a free, award-winning, evidence-based online treatment program from Australia. It is designed to help users to learn new skills to address problems with anxiety and depression using Cognitive Behaviour Therapy. Particularly suited to young adults.

[My Compass](#)

My Compass is a free, online, treatment program to support users experiencing depression, anxiety and other mental health problems. Developed by the Black Dog Institute in Australia, this platform provides evidence-based Cognitive Behaviour Therapy.

[From S.A.D. to Glad](#)

Free Cognitive Behaviour Therapy modules to help users address problems with stress, anxiety and depression.

[MindWell U](#)

Free online platform teaches users the core principles and skills of mindfulness-based stress reduction. Users can also access guided live classes.

(Adult - Mindfulness Training & Classes)

[E-couch](#)

Free online platform from Australia provides modules to address depression and anxiety. Offers evidence-based strategies and workbooks using a Cognitive Behaviour Therapy approach.

Mental Health of Children, Teens, and Families

[Bounceback Ontario](#) (Youth 15-18)

Free mental health coaching and Cognitive Behaviour Therapy workbooks.

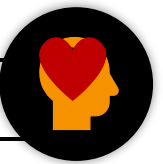
Complete this form [Bounceback Referral Form](#)

[We're Stronger Together](#)

Free coaching and evidence-based programs and content related to various concerns including Parenting during COVID-19. Available online and through companion app. (Free; [iOS](#) and [Android](#))

[Wellness Together Canada](#)

Free resources to support youth with mental health and substance use concerns online or through the companion app. Users can also access virtual counselling through partner agencies.



Online Learning

Online Treatment Tools

[My Anxiety Plan – Children & Teens](#)

MAP is a free resource for parents and caregivers to “coach” anxious children or teens using practical strategies and tools to manage anxiety.

[Mind Your Mind](#)

Mind Your Mind is an online platform that provides resources to support the mental health of adolescents, teens and young adults.

[The Psychology Foundation of Canada](#)

The Psychology Foundation of Canada offers many resources to support the mental health and well-being of children, youth and families including their programming through [Strongmindsstrongkids.org](#)

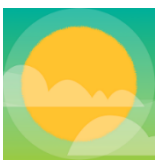
App Name & Description



[Managing your Stress and Anxiety during COVID-19 \(CAMH\)](#)

This app provides information and evidence-based coping strategies to help you manage stress and anxiety. It includes tips and resources to support your mental health during the COVID-19 pandemic.

(Free; [iOS](#) and [Android](#))



[COVID Coach \(US Veterans Affairs\)](#)

The COVID Coach app was created for everyone, including Veterans and Service members, to support self-care and overall mental health during the coronavirus (COVID-19) pandemic.

Features include:

- Education about coping during the pandemic,
- Tools for self-care and to improve emotional well-being,
- Trackers to check your mood and measure your growth toward personal goals,
- Graphs to visualize progress over time.

(Free; [iOS](#) and [Android](#))



[PTSD Coach Canada \(Veterans Affairs Canada\)](#)

The PTSD Coach Canada mobile app can help you learn about and manage symptoms that can occur after trauma. Features include:

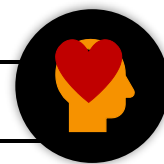
- Reliable and current information on PTSD and about treatments that are effective
- Tools for screening and tracking your symptoms
- Convenient, easy-to-use tools to help you manage stress symptoms
- Information on crisis support and how to get help

(Free; [iOS](#) and [Android](#))






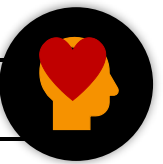
[PTSD Family Coach \(US Veterans Affairs\)](#)

Living with a family member who has PTSD can be stressful. PTSD Family Coach is an app similar to [PTSD Coach](#). PTSD Family Coach provides support for concerned family members of those with PTSD.






App Name & Description

	<p>The app can help you learn about PTSD, how to take care of yourself, and how to manage your relationship with your loved one or children. PTSD Family Coach also has information on how to help your loved one get the treatment they deserve.</p> <p>Features include:</p> <ul style="list-style-type: none"> • Information about PTSD and how it affects those who care about someone with PTSD. • Tips to help families better support a loved one with PTSD, and themselves. • Facts about counseling for individuals or couples managing PTSD in a relationship. • Tools to help family members manage stress. • Self-created support network of people to connect with when in need. <p>(Free; iOS and Android)</p>
	<p>Breaking Free Companion Canada App is designed to be used alongside the Canadian version of Breaking Free Online, the award-winning treatment and recovery program for alcohol and drugs. Ontario residents have free access to both the online treatment program and companion app.</p> <p>This app allows Breaking Free Online users with smartphones to set alerts that will prompt or ‘nudge’ them to:</p> <ul style="list-style-type: none"> • Use the positive coping methods they’ve selected in the ‘Managing your risky places’ strategy if they approach any risky places (by using geo-location alerts) • Carry out the activities they’ve chosen in the ‘Planning your time positively’ strategy (by using calendar alerts) • Take the next step towards their life goal they’ve planned in the ‘Achieving your life goals’ strategy (by using calendar alerts). <p>Users also have instant access to the strategies for ‘Shifting your focus’ and ‘Surfing your cravings’. They can use these mindfulness techniques to stay calm and relaxed or manage cravings and urges without needing an internet connection.</p> <p>(Free – Create a free account on Breaking Free Online first; iOS and Android)</p>
	<p>VetChange</p> <p>Veterans, First Responders, and others may turn to alcohol to cope with stress, trouble sleeping and other challenges. VetChange is a mobile app that can help users with posttraumatic stress disorder (PTSD) build skills to reduce problem drinking.</p> <p>VetChange offers proven self-help tools that build skills to help you stop or cut back on problem drinking by:</p> <ul style="list-style-type: none"> • Setting personal goals to stop or cut back on drinking • Tracking your progress and stay motivated with customized tools • Learning about how alcohol use relates to PTSD symptoms • Practicing self-help tools to cope with your emotions without drinking • Finding resources to connect with people who can help in a crisis or when you need support <p>(Free; iOS and Android)</p>
	<p>Anger and Irritability Management Skills - AIMS App (US Veterans Affairs)</p> <p>AIMS is designed for Veterans and military Service members but can be used by anyone coping with anger problems.</p> <p>The AIMS app is based on the Anger and Irritability Management Skills online self-help course. The app provides users with education about anger, opportunities for finding support, the ability to create an anger management plan, anger tracking, and tools to help manage angry reactions.</p>



App Name & Description

	<p>Users can also create custom tools based on their preferences, and can integrate their own contacts, photos, and music. (Free; iOS and Android)</p>
	<p>HeadGear - Black Dog Institute HeadGear is a free, easy-to-use smartphone app that guides users through a 30-day mental fitness challenge designed to build resilience and wellbeing and prevent things like depression and anxiety. Users are guided through personalized daily activities and challenges (which take 5-10 minutes per day) to develop psychological fitness and resilience through evidence-based approaches including behavioural activation and mindfulness. Activities include:</p> <ul style="list-style-type: none"> • Relaxation, mindfulness and breathing exercises • Coping strategies to help manage life’s challenges and reduce stress • Being supportive to mates going through tough times • Getting active and staying healthy • Improving sleep • Building meaningful connections <p>(Free; iOS and Android)</p>
	<p>Self-help for Anxiety Management - SAM - University West England Provides users with a range of techniques to address problems with mood and anxiety. Includes several tools to record and monitor self-change. (Free; iOS and Android)</p>
	<p>Healthy Minds Developed by the Royal Ottawa Hospital, this platform supports young adult users with tools to address stress, anxiety and mood problems. (Free; iOS and Android)</p>