

# WELLBEING MOBILE APPS

There are a variety of apps created to support the wellbeing of Veterans.



OPERATION  
**Life**

HIGHRES

**PTSD  
COACH  
AUSTRALIA**

**ON-TRACK**  
WITH THE RIGHT MIX

SWISS 

**REDSIX** 

## OPERATION LIFE

The Operation Life app is designed to support veterans experiencing suicidal ideation.

This app provides access to

- Emergency and professional support services
- Self - help tools
- Developing your own support network
- Guided grounding exercises
- Reminders to review personal exercises.
- Information on staying safe, warning signs, and seeking help.
- Online suicide awareness including, counselling and prevention training.

## HIGH RES

The High Res app is designed to assist veterans to develop strategies to manage stress and to build resilience.

This app provides access to

- Guided exercises such as controlled breathing, muscle relaxation and thought stopping
- Cognitive Behavioural Therapy tools
- Scheduling reminders and goal setting
- Resilience self-assessment
- Based on the Department of Defence's Battle SMART program

## PTSD COACH AUSTRALIA

The PTSD Coach Australia app is designed to support veterans experiencing post-traumatic stress disorder.

This app provides access to

- Guided activities to manage symptoms
- Tools for screening and tracking symptoms
- Scheduler for managing self-care, appointments and activities
- Educational sources on PTSD and treatments
- Links to online resources

## THE RIGHT MIX

The Right Mix app is designed to assist veterans to manage alcohol consumptions.

This app provides access to

- Impact on wellbeing and fitness
- Tracking drinks consumed
- Money spent on drinks
- Calculate exercise to burn off kilojoules consumed

## SWISS 8

The SWISS 8 app is designed to support veterans to be proactive in their mental health.

This app provides access to

- Educational resources
- Guided exercises
- Podcasts
- Videos and Media
- Local events
- Health network including services, clinicians and allied health professionals

## REDSIX

The Redsix app is used to support veterans experiencing suicidal ideation.

This app provides access to

- Private social hub within the Redsix app
- Local events
- Mood - Set your mood
- To connect with your friends
- Green thumb – going okay
- Red thumb – message sent to your 3 nominated battle buddies to check in
- Black thumb – message will be sent to a trained professional at Open Arms