

# HELPFUL WEBSITES AND APPS FOR YOUTH

## LIBRARY RESOURCES:

### Borrowbox



Enjoy eBooks, eAudiobooks and eMagazines.

### Libby



Enjoy eBooks, eAudiobooks and eMagazines.

### hoopla



Enjoy Audiobooks, eBooks, comics, movies, TV episodes, music and magazines.

### Linked in Learning

Free online software training with your Mount Gambier Library card. From excel spreadsheets, video editing, 3D printing, Photoshop, marketing skills, Lynda Library has more than 3,000 top quality courses and 136,000 video tutorials for learning the latest commercial software, creative and business skills.

### Studiosity

Studiosity connects students to professional educators in a range of subjects and topics. Use your Mount Gambier Library to access Studiosity and get help in real time.

### 250 Britannica Library

You will find it easy to research, complete homework assignments and work on special projects through links to reliable websites, journals, magazines, multimedia, country information and biographies.

### EBSCO

Includes leading Australia/New Zealand and international periodicals in full text; full-text reference books; 80,000+ full-text biographies and an image collection of over 510,000 photos, maps, and flags.



City of  
Mount Gambier

Mount Gambier Library  
6 Watson Terrace, Mount Gambier  
Phone 08 8721 2540  
[www.mountgambier.sa.gov.au/library](http://www.mountgambier.sa.gov.au/library)

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## WEBSITES:

### Commissioner for Children and Young People

A place to visit, hang out,  
keep up to date, have  
your say and connect.



### Headspace

Provides mental health  
support to 12 - 25 year old's.



### Student Pathways

Your career. Your  
pathway. Your choice.



### Youth Action Plan



## MENTAL HEALTH APPS:

### Mindfulness:



#### ReachOut Breathe

ReachOut Breathe helps to  
reduce the physical  
symptoms of stress and  
anxiety by slowing down  
your breathing and heart  
rate.



#### Smiling Mind

Smiling Mind has been  
developed by psychologists  
and educators to help  
bring balance to young  
people's lives.

### Goals and activities:



#### SuperBetter

SuperBetter helps increase  
resilience - the ability to  
stay strong, motivated and  
optimistic even in the face  
of difficult obstacles.



#### Calm Harm

Calm Harm provides  
tasks that help you resist  
or manage the urge to  
self harm.

### Brainstorm:



#### Check-in - Beyond Blue

The Check-in app helps  
take the fear out of having  
a conversation with a friend  
who might be struggling.



#### Self-help for Anxiety Management

SAM is a friendly app that  
offers a range of self-help  
methods for people who  
are serious about learning  
to manage their anxiety.