

21. <https://itunes.apple.com/au/app/smiling-mind/id560442518?ls=1&mt=8>

<https://itunes.apple.com/au/app/smiling-mind/id560442518?ls=1&mt=8> [Tweet](#)

1 out of 5 stars

Australia Creator: Smiling Mind Pty Ltd Last reviewed: 15/12/2015

Review: Smiling Mind is a useful starting point for those wanting to try mindfulness meditation. Generally, the app makes it easy to learn the basics and use age-appropriate audio content. A nifty selector bar lets you enter how you're feeling, encouraging greater self-awareness. Voice instruction is calming, and radio friendly. It's repetitive across programs, but helpful for practicing focusing on the moment. The app has problems though. There is no mention of current debate about the effectiveness of mindfulness meditation. Or of how people of differing cultural backgrounds deal with mental health issues. It feels too English language focused, lacks imagery more relevant to young people and the instructor's tone might put them off. It needs considerable work to make it more effective for a full range of users.

Tags: [Consumers](#), [Mental health](#), [Prevention](#), [Youth](#)

22. <https://play.google.com/store/apps/details?id=com.theprojectfactory.quitbuddy&hl=en>

<https://play.google.com/store/apps/details?id=com.theprojectfactory.quitbuddy&hl=en> [Tweet](#)

5 out of 5 stars

Australia Creator: Australian National Preventive Health Agency Last reviewed: 16/09/2014

Review: This app can be used by people who want to quit smoking. Indeed, the app presents itself like an actual buddy that tries to help the individual through the hardest times, with tips and distractions to overcome cravings. The app encourages the user to set a personal goal, chart their progress, and read facts about the impact of smoking. All of this, combined with its fresh design and easy navigation, may make this app a helpful tool in an individual's journey to become smoke-free.

Tags: [Consumers](#), [Detox](#), [Self-help](#), [Tobacco](#), [Withdrawal](#)

23. [https://play.google.com/store/apps/details?](https://play.google.com/store/apps/details?id=au.com.rhpi.feedsafe&hl=en)

[id=au.com.rhpi.feedsafe&hl=en](https://play.google.com/store/apps/details?id=au.com.rhpi.feedsafe&hl=en)

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[id=au.com.rhpi.feedsafe&hl=en](https://play.google.com/store/apps/details?id=au.com.rhpi.feedsafe&hl=en) [Tweet](#)

4 out of 5 stars

Australia Creator: Australian Breastfeeding

Association and Reach Health Promotion

Innovations Last reviewed: 14/07/2017

Review: Can I have the occasional drink while breastfeeding? How does alcohol affect breastmilk? How long after drinking do I have to wait before I breastfeed? Feed Safe tries to answer all these questions in a simple and visually appealing app from the Australian Breastfeeding Association, working the NHMRC Australian Guidelines to Reduce Health Risks from Drinking Alcohol. While the app does emphasise the official NHMRC advice that not drinking is best during this time, it provides interactive tools to calculate how long alcohol may remain in breastmilk after drinking. The app is well designed and authoritative, though it is built to factor in only full standard drinks, not half serves, which some users have found frustrating or confusing. Available on iTunes and Google Play.

Tags: [Alcohol](#), [Children](#), [Health promotion](#), [Information](#), [Women](#)

24. [https://play.google.com/store/apps/details?](https://play.google.com/store/apps/details?id=com.medscape.android&hl=en)

[id=com.medscape.android&hl=en](https://play.google.com/store/apps/details?id=com.medscape.android&hl=en)

[https://play.google.com/store/apps/details?](https://play.google.com/store/apps/details?id=com.medscape.android&hl=en)

[id=com.medscape.android&hl=en](https://play.google.com/store/apps/details?id=com.medscape.android&hl=en) [Tweet](#)

4 out of 5 stars

USA Creator: WebMD, LLC Last reviewed:

22/09/2016

Review: The Medscape app is a comprehensive and completely free medical information app. Although it is designed for use by health professionals from the US, it still is a very useful app for Australian health professionals. Some of the features include a search function, drug reference information (for over 8,000 brand, generic and OTC drugs including herbals and supplements), medical news and a Drug Interaction Checker. The Drug Interaction Checker is very useful and provides interactions for up to 30 different drugs, herbals and supplements at a time. Log in is required only for the first time using the app and new users can register for a free account. It is a great tool for all health professionals and has a user-friendly interface and a huge amount of content. It is highly recommended and available in itunes and Google Play.

Tags: [Clinical guidelines](#), [Education](#), [Medical](#), [Medical use](#), [Professionals](#)

25. <https://play.google.com/store/apps/details?id=com.drinksmeter.alcohol>

<https://play.google.com/store/apps/details?id=com.drinksmeter.alcohol> [Tweet](#)

4 out of 5 stars

International Creator: Global Drug Survey Last reviewed: 18/07/2016

Review: Drinks Meter is a useful and smoothly designed app that encourages anonymous user participation and learning on drinking habits. Drop down menus, icons, slide bars and buttons function well. Statistical information is clear. User generated data on consumption of alcohol helps communicate alcohol's effect on diet and finances. Accessibility could be an issue for some – occasionally the text is small and harder to read. What is most effective is how the app encourages reflection on drinking habits. The app compares user information with that of other users, as well as alcohol consumption guidelines, including risks, and is country relevant. The process feels less like being lectured to about alcohol consumption, and more like having control of a practical tool for learning to reduce its harm.

Tags: [Alcohol](#), [Assessment](#), [Consumers](#)

[26. https://play.google.com/store/apps/details?](https://play.google.com/store/apps/details?id=org.erowid.navigatorandroid&hl=en)

[id=org.erowid.navigatorandroid&hl=en](https://play.google.com/store/apps/details?id=org.erowid.navigatorandroid&hl=en)

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[id=org.erowid.navigatorandroid&hl=en](https://play.google.com/store/apps/details?id=org.erowid.navigatorandroid&hl=en) [Tweet](#)

4 out of 5 stars

USA Creator: Erowid Center Last reviewed:

26/05/2016

Review: Erowid is a non-profit educational and harm-reduction resource with 60 thousand pages of online information about psychoactive drugs, plants and chemicals. The Erowid Navigator Improved app makes it a simple thing to access this information on your Android. The layout is uncluttered and the search function is clear and easy to use. Information is sorted by substance type. Brief information is provided for each drug selected - including effects, legal status and potential harmful interactions - with additional links for further information. The app, like Erowid itself, is run by volunteers, but updates are frequent and the emphasis on harm reduction and potential interactions between substances ensure that it is a useful resource. The app also improves on general accessibility of the Erowid website, streamlining large amounts of information. Erowid is not a scientific organisation. We recommend that their information is cross-checked with a secondary source.

Tags: [Education](#), [Harm reduction](#), [Information](#)

[27. https://play.google.com/store/apps/details?id=com.usbmis.troposphere.nursedhb2&hl=en](https://play.google.com/store/apps/details?id=com.usbmis.troposphere.nursedhb2&hl=en)
<https://play.google.com/store/apps/details?id=com.usbmis.troposphere.nursedhb2&hl=en> [Tweet](#)

3 out of 5 stars

USA Creator: Atmosphere_Apps Last reviewed:
13/04/2017

Review: This is a subscription based app but you can download it and try it for free for 30 days. It is also an American based resource but it could be useful for Australian nurses or other health professionals. It contains a comprehensive index of drugs that includes the chemical class, indications and doses, interactions, adverse reactions and considerations for nursing. The information is easy to understand and organised alphabetically. There are a number of useful illustrations that show how drugs work and the principles of drug administration. Overall this is a good app with great information but as it is intended for US audiences, it will have only limited appeal and usefulness to Australian health professionals. Available in iTunes and Google Play.

Tags: [drug use](#), [Information](#), [Medical use](#),
[Professionals](#)

[28. https://play.google.com/store/apps/details?id=au.com.yourbac.bac](https://play.google.com/store/apps/details?id=au.com.yourbac.bac)

<https://play.google.com/store/apps/details?id=au.com.yourbac.bac> [Tweet](#)

3 out of 5 stars

Australia Creator: Blow me first and Alcocups

Last reviewed: 20/10/2015

Review: There are a plethora of Blood Alcohol Content (BAC) apps available and this one is much the same as the others. It is visually pleasant and has an engaging interface. It lets the user enter their gender, weight, height and body type and the amount of alcohol consumed. It has a number of pre-defined drinks making it easy to use, which is good, especially when you are having a few drinks. It seems to work well and provides a good estimate of a person's BAC. The downfall of the app is that it lacks any health information on alcohol, reducing risks or links to further support. Available free, in iTunes and Google Play.

Tags: [Alcohol](#), [Binge drinking](#), [Safe partying](#)

29. <http://www.talksooner.org/apps/>

<http://www.talksooner.org/apps/> [Tweet](#)

3 out of 5 stars

USA Creator: TalkSooner: Helping Parents

Prevent Youth Substance Abuse **Last**

reviewed: 16/12/2014

Review: Among the dozens of apps out there for parents seeking information and advice about preventing alcohol and drug use in their children, the new kid on the block is TalkSooner – a free app for parents developed in Michigan (US). This app is well structured and includes information and advice on drugs and alcohol as well as strategies for parents to engage with and guide their children. Most of the content is accurate and useful, and covers some lesser known substances (in Australia) such as sizzurp and wax marijuana, but it should equally be noted that the expectation of abstinence message is strong, with a sample contract between child and parent just one example of where the language leans a little too far into judgement. Overall, it's a fair app.

Tags: [Families](#), [Prevention](#), [Youth](#)

[30. https://play.google.com/store/apps/details?](https://play.google.com/store/apps/details?id=org.M.alcodroid&hl=en)

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[id=org.M.alcodroid&hl=en](https://play.google.com/store/apps/details?id=org.M.alcodroid&hl=en) [Tweet](#)

2 out of 5 stars

USA Creator: Myrecek Last reviewed:

15/08/2016

Review: As far as alcohol consumption tracker apps go, this is a relatively good one. It's fully customisable from the types of drinks you may be drinking, right down to setting which country's standard drink measure you want to use. The level of customisation and personalisation is a huge advantage over other apps of this type, but that is also where the positives end. The app does not appear to be from an authoritative source, though the developer has done their homework: a disclaimer upon opening the app reminds you there are many variables that can influence blood alcohol concentration (BAC). The interface is clunky, entering data can be time consuming and, unless you pay to remove them, you'll likely be annoyed by a constant stream of ads for games and electricity companies. In this respect, the app is about as rough as the BAC estimates it provides.

Tags: [Alcohol](#), [Assessment](#), [Consumers](#), [Self-help](#)

