

NZ team unveils new mental health app

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Singapore: All Right?, a public health campaign in New Zealand, has unveiled a new mental health app designed to help quake victims recover from trauma and promote general well-being. The app is available via the Apple App Store and Google Play for android phones.

Stressing the importance of mental well-being after quakes, the organization said that App users would be offered easy "mini missions" each day to improve mental health and well-being. As mini missions are completed the app rewards them with

positive feedback and bead-filled hearts that show how many goals they have reached.

The missions were related to the 'Five Ways to Well being', designed by the New Economics Foundation in England. These included connecting with others, learning new skills, giving time to others, taking notice of the good things around you and being active.

All Right?, public health specialist, Ms Lucy D'Aeth, said, "There is plenty of evidence that being proactive about caring for wellbeing can give us a real boost, even when times are stressful. We want people to use the app as a means to improving their mental well-being in a busy and sometimes stressful world."