

Editor's top app picks

June - July 2025

Mental health and wellbeing



[Just a thought](#)

Offers a range of free CBT programmes to help users manage conditions such as depression and anxiety through guided education and practical skills.



[Mana Restore](#)

Provides gamers with mental health resources and support by addressing topics such as healthy gaming and digital detoxing.



[Manawa](#)

A suicide safety plan app co-designed with those who have experienced suicidal thoughts.

Women's health



[Balance menopause support](#)

Offers evidence-based info, symptom tracking and community support to help users stay informed through perimenopause and menopause.



[AskPCOS](#)

An app by Monash University to help people with PCOS understand their condition, with features like symptom tracking and discussion forums.

Quit smoking or drinking



[MyQuitBuddy](#)

To help users quit smoking or vaping.



[Dry Days by AlcoChange](#)

To support people to cut down or stop drinking alcohol.

Wellness, sleep & nutrition



[Glycaemic Index Load Tracker](#)

For people wanting to understand how different foods impact their blood glucose levels.



[My Fitness Pal](#)

For anyone wanting to track their food intake and their activity level.



[Managing Insomnia \(by Just a Thought\)](#)

An online course for people with ongoing sleep issues, designed to improve understanding and help manage the thoughts and behaviours that contribute to insomnia.

Long-term conditions



[Medisafe Meds & Pill Reminder](#)

To help keep track of medicines and be sent reminders for when to take them.



[Pathways Pain Relief](#)

An app or online programme to help people living with chronic pain retrain the brains' perception of pain.



[MyRA \(rheumatoid arthritis support tool\)](#)

An online resource from Arthritis NZ to help people with RA understand their condition, treatment options, emotional wellbeing and available support.



[He Taonga \(blood pressure support tool\)](#)

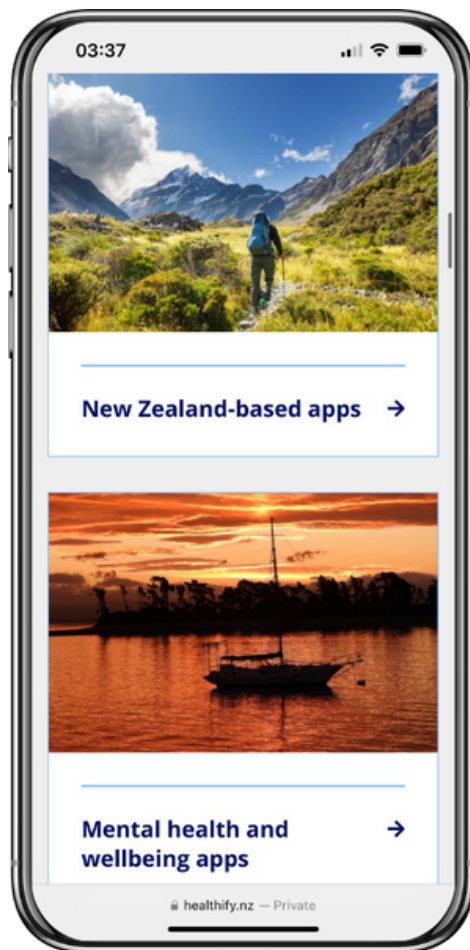
An online programme by the Stroke Foundation NZ, co-designed with Māori, to help improve lifestyle and manage blood pressure.



[My Diabetes Journey](#)

An app by Diabetes New Zealand for people with diabetes. Includes features such as a food diary, exercise tracker, wellbeing journal and goal setting.

Looking for the right app to support your health and wellbeing?



Check out the NZ Health App Library



Apps for a wide range of health needs, from mental health and women's health to long-term conditions



Independently reviewed by health professionals



Helpful tips on how to choose apps safely



Scan to browse the NZ Health App Library
or visit healthify.nz/app-library