

# 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.

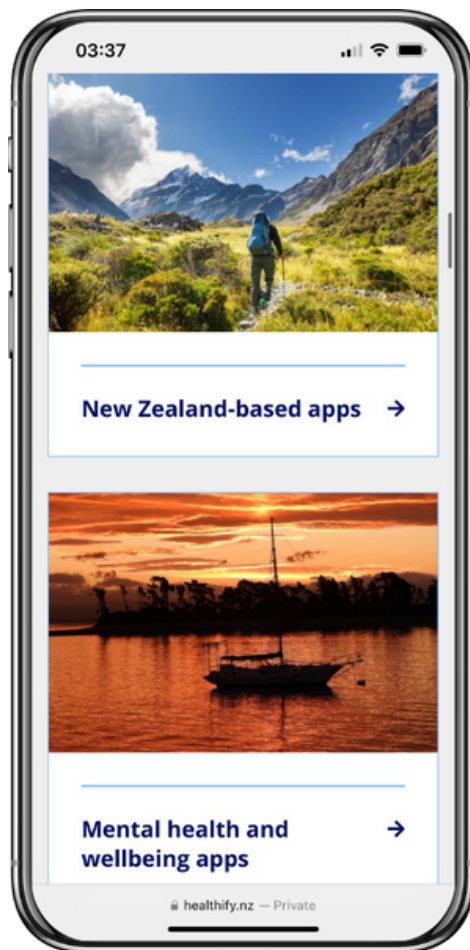


### [My Diabetes Journey](#)

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

**Disclaimer:** the health apps listed were available on the Apple App Store and Google Play Store at the time of release. This brochure is for informational purposes only and is not medical advice.

# Looking for the right app to help your patients manage their health?



## 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](https://healthify.nz/app-library)