



Australian
National
University

Mindfulness apps





Smiling Mind

Practice your daily meditation and mindfulness exercises from any device. Smiling Mind is a unique tool developed by psychologists and educators to help bring balance to your life.



Headspace: Meditate and Relax

Meditation made simple with over 500 guided meditations and wellness tools.



Mindfulness Coach

Mindfulness Coach 2.0 was developed to help others learn how to practice mindfulness. The app provides a gradual, self-guided training program designed to help you understand and adopt a simple mindfulness practice.



Safe Place

Safe Place is an app for children and young people with a focus on strengthening mental health. Safe Place offers both concrete exercises that can help the body, emotions and thoughts.



Insight Timer

Insight Timer is the worlds largest free meditation app with 26 million meditators and over 180k free tracks

Contact us

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