• Examples of Youtube clips:
  o Nuggets  https://www.youtube.com/watch?v=HUngLgGRJpo
  o Meth Inside Out: Brain and Behaviour. Various youtubes including: https://www.youtube.com/watch?v=dsFpe4liF8w
  o Kids matter https://www.youtube.com/watch?v=WxH3aTVVp-o

• Stayin on track: https://www.stayinontrack.com/


• So You Think You Can Quit app: http://nosmokes.com.au/fun/apps/

• Rays night out: https://itunes.apple.com/au/app/rays-night-out/id978589497?mt=8

• 3D Brain app: https://itunes.apple.com/au/app/3d-brain/id331399332?mt=8

• Worrytime: http://au.reachout.com/reachout-worrytime-app

• Breathe: http://au.reachout.com/reachout-worrytime-app

• My Script Smart Note: https://itunes.apple.com/us/app/myscript-smart-note-handwriting/id477967083?mt=8