



## Find it on your phone!

Download free Apps to connect to your community. Find ways to support your health & wellbeing. Click on the below headings to open the link to download the app.



### **City of Logan**

Your city is at your fingertips, a convenient way to access Council services.



### **Logan Community Directory**

Search the Logan Community Directory for up-to-date information for community organisations who provide services in the Logan area.



### **Headspace Meditation & App**

Brilliant things happen in calm minds.



### **Youth Beyondblue: The Check In App**

Checking in is not just for places.



### **Smiling Mind App**

The Mindfulness Curriculum



### **Stop, Breathe & Think App**

5 Minutes to Peace



### **Recharge App**

Personalised six-week program that helps improve your general health and wellbeing.

To find out more about the Tune Out to Tune In initiative and other ways to connect with your community, visit our website: [Logan.qld.gov/youngpeople](http://Logan.qld.gov/youngpeople)

#tuneouttotunein