

- Examples of Youtube clips:
 - Nuggets <https://www.youtube.com/watch?v=HUnGLgGRJpo>
 - Meth Inside Out: Brain and Behaviour. Various youtubes including: <https://www.youtube.com/watch?v=dsFpe4IiF8w>
 - Kids matter <https://www.youtube.com/watch?v=WxH3aTVVp-o>
- Stayin on track: <https://www.stayinontrack.com/>
- Alcohol and safety: <https://itunes.apple.com/au/app/alcohol-and-safety/id1017564062?mt=8>
- 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>