

Information on the first 25 Recovery Boxes

You have received one of the first 25 Recovery Boxes in Australia. This is possible because of the funding we received through the Recovery Box Kickstarter project (<https://www.kickstarter.com/projects/recoverybox/recovery-box>). We are inviting you to become part of the project and help us bring this project to life and make it available to people who will benefit from the information available on the box.

This sheet is being developed as a handout for people who will receive Recovery Boxes in the future by Express post and possibly not have the opportunity to have some personal assistance with putting the Recovery Box together.

The 11 images on page 2 show the pieces included in the package and some instructions how to connect the parts together. If you get stuck with putting this together where can I get some assistance?

Our Program Manager, Douglas Holmes is only one sms away on 0403 386 017 or email on pm@supercro.com

Douglas has been working with a team from SUPER CRO to make some videos and information sheets available on the SUPER CRO website www.supercro.com including capturing Previously Asked Questions.

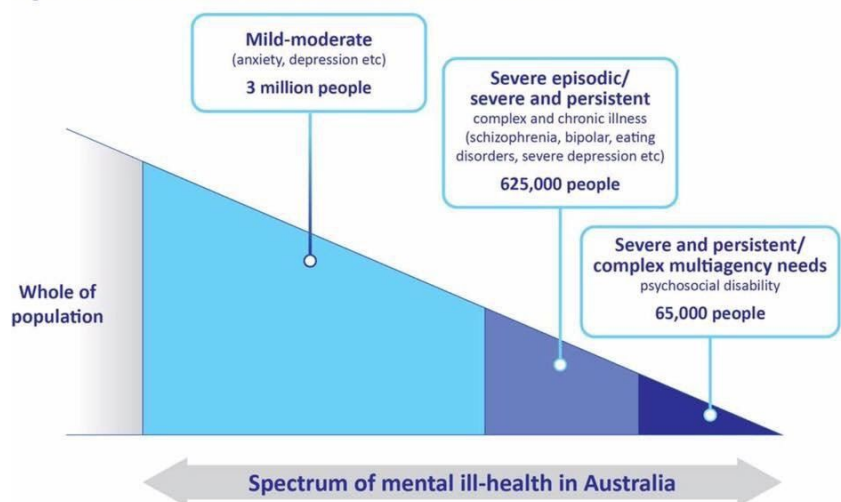
SUPER CRO currently has a Video meeting on the 3rd Friday of the month at 3 pm AEST where people who are interested in talking about SUPER CRO come together to talk about what's been happening for them and share what they are finding about Recovery. This link will allow you to join in

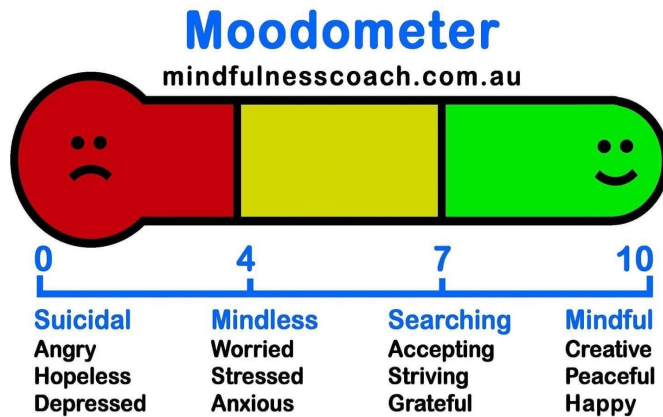
I am looking at setting up a separate meeting for people interested in being part of the Recovery Box team and want to have the opportunity to meet and talk with the other people who have received Recovery Boxes.

Take a little time to reflect on the image that was created by the National Mental Health Commission in 2015 and you will start to realise as I have that there are lots of people that could benefit from using the Recovery Box.

Where do you sit in the diagram?

Figure 1 Annual distribution of mental ill-health in Australia





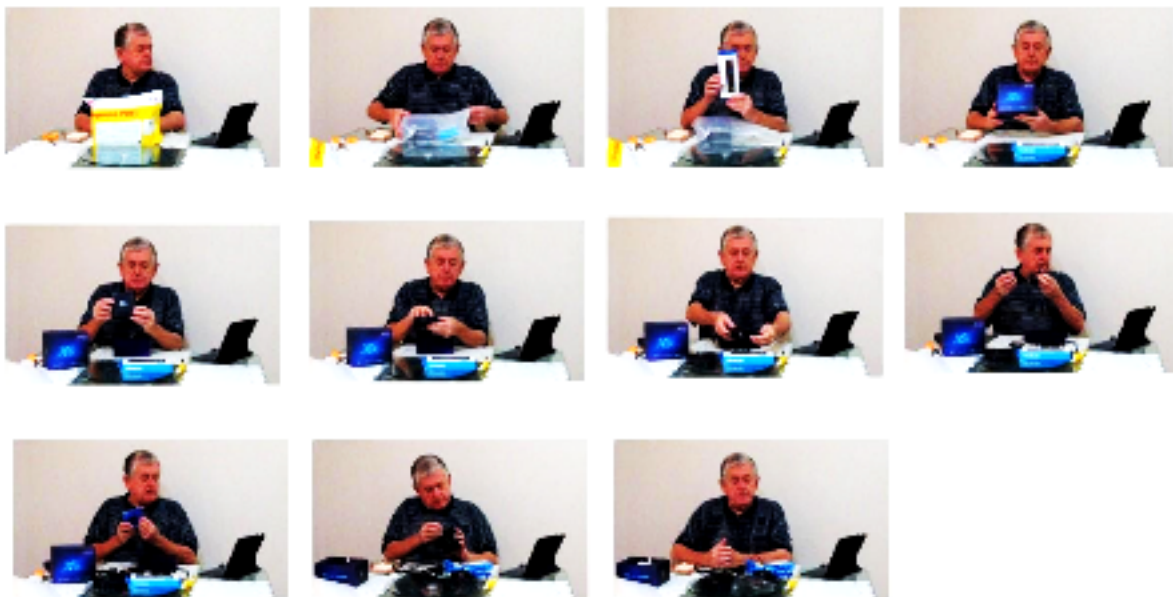
Just take a moment to think about the Moodometer before we start to unpack and put together the separate pieces that make up the Recovery Box.

Where do you sit on the meter?

The rest of the document will walk you through the steps to unpack and start up your Recovery Box

Step 1: You receive an Express Post Bag with a Recovery Box

These images show what you people will receive when they receive an Express Post bag an unpack it



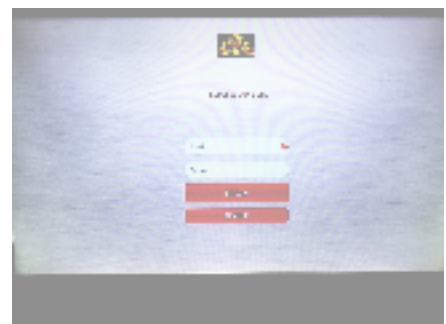
Step 2: Connect the HDMI cable to your TV

Step 3: Put batteries in Air Fly Mouse

Step 4: Connect Recovery Box to WiFi - check this [video](#) to see how it works [more information](#)

Step 5: Sign up page

Step 6: Start Up Page

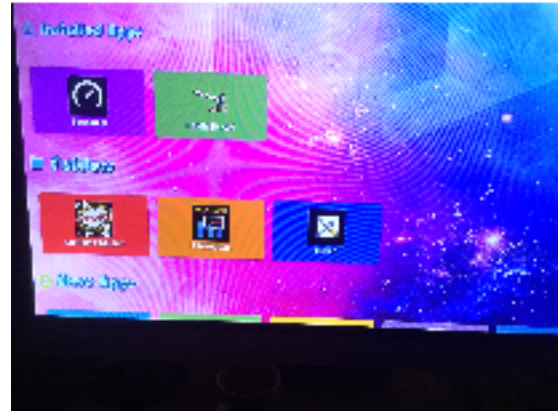


Once you have signed up the following images appear on the Recovery Box. The top two Apps are to check your WiFi connection and also an App that will allow you to disconnect Ads from some of the ads.

You then have three folders:

- Entertainment
- Programs
- Tools

The next pages has a list that is in each folder



List of Folders and apps

Entertainment	
YouTube	YouTube is a video sharing service that allows users to watch videos posted by other users and upload videos of their own. The service was started as an independent website in 2005 and was acquired by Google in 2006
Tubi	Tubi is an American ad-supported streaming service owned by Fox Corporation. The service first launched in April 2014 and is based in San Francisco,
eQuoo	eQuoo is an emotional fitness choose-your-own adventure game that teaches you psychological skills. It uses psycho-education, gamification and storytelling to enhance resilience and act preventatively for destructive cognitive and emotional reasoning (such as generalization).
Sudoku	a puzzle in which missing numbers are to be filled into a 9 by 9 grid of squares which are subdivided into 3 by 3 boxes so that every row, every column, and every box contains the numbers 1 through 9.
Colourfit	Coloring Book for family is an excellent coloring application, imitating real coloring experience. With rich patterns, including Mandala, butterflies, cartoon
InColor	Don't miss the best interesting coloring game of Android ! Over millions of people are crazy about it
AA Speaker Free	The AA speakers app allows you to listen to recovery speakers, workshops and audio books from Alcoholics Anonymous (a 12 step program)
NA Speakers	The NA speakers app allows you to listen to recovery speakers and audio books from Narcotics Anonymous (a 12 step program)
Netflix	Netflix is the leading subscription service for watching TV episodes and movies. Netflix is the leading subscription service for watching TV episodes and movies.

TED	The TED app is a tool for browsing, downloading, and viewing TED talks, the acclaimed short videos that feature thought leaders
4 Pics 1 Word	4 Pics 1 Word is a word puzzle game created by LOTUM GmbH, available for free on Android and iOS.
Ambience	Ambience (sic) is a popular sleep sound app for Android. It features a clean, simple UI along with a variety of calming sounds
Radio Mobi	Mobi Radio - is an application for listening to the Radio Online anywhere, anyplace and anytime. With over 10,000+ stations
Programs	
Do it Now	Do It Now is a fantastical to do list which helps you to add game elements into your everyday tasks, make schedule, add reminders and organize your life
MedicineWise	MedicineWise is the #1 app to help you manage medicine and health information for you and those you care for! The app also features valuable information and for caregivers, supporting them in caring for themselves as well as others.
TalkLife	TalkLife connects you with real people around the world who want to listen and support you.
Calm	Calm is the #1 app for Sleep, Meditation and Relaxation. Join the millions experiencing better sleep, lower stress, and less anxiety.
Yoga Down Dog	Down Dog provides a studio-like yoga experience in the comfort of your home
Ecouch	e-couch is an interactive self-help program with sub-programs for social anxiety, generalised anxiety, depression, divorce & separation and loss & bereavement. The program provides evidence-based information and teaches strategies to manage difficult times and better ways of thinking and interacting with people.
Headspace	Headspace is a startup with one simple goal: Make meditation accessible to everyone. It does this through a smartphone app full of "guided meditations" — audio sessions where one of the company's co -creators leads listeners on a journey of contemplation.
Habitica	Habitica (formerly known as HabitRPG) is a free task management app that launched in 2013. It works a bit like a turn-by-turn RPG. As you complete tasks and goals, your character advances; when you fail to follow through on those same goals, your character takes damage.
Ify	Lyf is a new social media app where users share highly personal aspects of themselves without the fear of judgment. Lyf users receive support during some of their most gruelling, challenging, confronting or even “embarrassing” stages of their lives from other people who have no preconceptions about their fellow lyfers

Tody	The app Tody is a specialized To-Do List for managing and motivating household cleaning routines.
Level up Life	Level up Life lets you track your daily achievements, big or small, gaining motivation and productivity while progressing in an RPG-style online platform. Get motivated by tracking and earning XP through real life challenges ranging from simple to life changing.
Mad Mindz Library	A collection of Recovery Resources
BestifMe	Time management app
Let's Meditate	Let's Meditate : Sleep & Guided Meditation . Simple design. Easy to use. A very straightforward approach to guided meditation ; no clutter, no distraction
Mood Tools	MoodTools is a self-help app targeting depression. It provides psychoeducation about risk factors and psychosocial approaches to treatment, a depression symptom questionnaire (PHQ-9), a thought diary, a suicide safety plan, and videos such as meditation guides.
SuperBetter	This app (and optional associated website, book and TED talk) is a tool to help you 'gamify' your life in order to reach your physical, mental, emotional and social goals — level up, get power ups, go on quests, make allies and fight bad guys
My QuitBuddy	My QuitBuddy is an app that helps you get, and stay, smoke-free. It provides helpful tips and distractions to overcome cravings, tracking systems to chart your progress and the facts to help you understand the impact smoking has on your health.
Woebot	Woebot is a free therapy chatbot that launched as a stand-alone iOS app on Thursday. Alison Darcy, a clinical psychologist at Stanford University, created it. Woebot uses one of the best-researched approaches to treating depression, cognitive-behavioral therapy, to deliver scripted responses to users.
Mindfulcoach Coach	Mindfulness Coach is a free and publicly available mobile app for people who are interested in learning about and practicing mindfulness. It was created by a team at the National Center for PTSD, Department of Veterans Affairs
Waking Up	Waking Up is a guide to understanding the mind, for the purpose of living a more balanced and fulfilling life.
Mindfulness App	The Mindfulness App opens up a world of professional guided meditations. It helps you towards a more peaceful and healthier state of mind. Newbie or guru?
Tools	
Google Play Store	You can get apps, games, and digital content for your device using the Google Play Store app.

Chrome	A Chrome app is a web-based app that you can install in Chrome that looks and functions kind of like an app you'd launch from your desktop
Settings	Different apps need different configurations and settings . This app help you to switch to different set of settings for your each of your app individually
Droid Settings	This app allows you to open certain android settings , which some vendors hide from the user
Gmail	Gmail is an easy-to-use email app that saves you time and keeps your messages safe. Instantly receive your messages via push notifications, read and respond online and offline and find any message quickly.
Meet	With Google Meet , everyone can safely create and join high-quality video meetings for groups of up to 250 people.
FileBrowser	FileBrowser gives you everything you need to keep your files effortlessly organized: Move, edit, delete, rename, copy, zip and unzip. Download files from the web and paste them wherever you choose
Google	The Google mobile app lets you search Google from your Recovery Box. This free app offers a few interesting search functions that will make locating a new bistro or specialty shoe retailer a lot more fun, too
Filelinked	FileLinked was formerly known as DroidAdmin . It is a file-sharing app, which also doubles as an excellent side-loading tool for FireStick and other Android devices. FileLinked can be used to share all sorts of files including videos, photos, music, APK files and more
Taskbar	Taskbar puts a start menu and recent apps tray on top of your screen that's accessible at any time, increasing your productivity and turning your Android tablet (or phone) into a real multitasking machine!
Messenger	one communication app , complete with unlimited text, voice, video calling and group video chat features. Easily sync your messages and contacts to your Recovery Box and connect with anyone, anywhere
Classroom	Classroom turns your Recovery Box into a powerful teaching assistant, helping you guide students through a lesson, see their progress and keep them on track
Meet Up	Get connected with local groups hosting online events so you can meet new people and try new things. Use Meetup to build your career, find support, get out of your comfort zone, or pursue a passion



This section has a range of Folders that are currently empty. As we get feedback from the working group about the different sorts of programs and applications that would be useful we will collective decide what information will be included in each of the folder