

DIGITAL MENTAL HEALTH TOOLS

for parents



APP

Manatee (getmanatee.com/the-manatee-app)

- Free + paid options; no subscription necessary.
- English & Spanish
- Free psychoeducational content for parents + self-care tools for kids
- Wide range of topics (e.g., suicidality, anxiety, family conflicts)
- Parents can set up their own home reinforcement system with the app
- Paid options include parent coaching, family therapy and individual therapy (ages 4-18)

GoZen! (gozen.com/tysupport)

- \$197/year
- Unlimited access to interviews with 125 world-renowned experts on grit, motivation, resilience, courage, sleep, screentime and more.

APP

Brightline (hellobrightline.com)

- Free; optional paid parent coaching
- Access to library of resources (articles, video, audio) for parents of kids ages 2-17 on a variety of topics (e.g., anxiety, school, mindfulness, family communication, self-esteem, tough transitions, depression, sleep, screentime, ADHD, speech + language, social-emotional skills, autism, racial & ethnic identity, gender identity, sexual identity, sex/dating)

Triple P (triplep-parenting.com)

- \$84.95 for the entire course; access modules 24/7, go at your own pace.
- English & Spanish
- Triple P stands for Positive Parenting Program, but it does not tell you how to be a parent. It is more like a toolbox of ideas. You choose the strategies you need. You choose the way you want to use them.
- Triple P Online is for parents of toddlers to tweens (0-12 years), and Teen Triple P Online is for parents of pre-teens and teens (10-16 years).

CURATED BY EXPERTS FROM



Catherine T. Harvey Center *for*
CLINICAL SERVICES

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DIGITAL MENTAL HEALTH TOOLS

for kids



GoZen! (gozen.com/allprograms)

- \$197/year
- Kids and teens ages 6-15 learn essential social-emotional skills including stress management, anger transformation, growth mindset, and more.
- Includes 8 research-based programs, 240+ animations, and hundreds of interactive resources that help kids regulate their emotions and learn the skills of mindfulness, resilience, and happiness.

APP

Breathe, Think, Do with Sesame

(commonsensemedia.org/app-reviews/breathe-think-do-with-sesame)

- Free
- Designed for parents and caregivers to use with young children ages 2-5
- Learn how to calm down and solve every day challenges using research-based techniques, silly animations and playful interactions.
- Help a Sesame Street monster friend take deep breaths, think of strategies and try them out.
- English and Spanish
- Parent section is full of free resources such as tips and strategies and personalization options.

APP

Smiling Mind (smilingmind.com.au)

- Free
- Hundreds of free meditations tailored for ages 3+ to help practice mindfulness, stay present, combat stress, improve performance, sleep, attention, relationships and wellbeing.

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MENTAL HEALTH APPS

for teens & young adults



BeMe (beme.com)

- Free
- Mobile app developed with teens that supports the mental health of ages 13+.
- Feel-good, teen-centric content, mood-boosting activities and coaching to help build coping and resilience skills.
- Safe space, customized to meet individual teens' needs and interests.
- Coaching, therapy and crisis services directly in the app as-needed.

Nealth (nealth.com)

- App is free but some paid services. (\$9.99/month or \$99/year)
- Helps teens and young adults manage stress and pressure by increasing access to care and empowering them to develop resiliency skills. Co-developed with 300+ students.
- Optimizes treatment matching by using neuroscience to determine the most effective behavioral technique for each individual.
- After a brief personalization survey, you're matched with guided mental health content tailored to your needs.

TellMi (tellmi.help)

- Free
- Safe, anonymous, evidence-based app where you can talk about anything from anxiety to autism, dating to depression, self-harm to self-esteem.
- Moderators check everything to keep teens safe and in-house counselors are always on hand for extra support.

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MENTAL HEALTH APPS

for teens & young adults (cont'd)



Clear Fear (clearfear.co.uk/#row1)

- Free
- Teen mental health app using evidence-based CBT treatment for anxiety.
- Learn to reduce the physical responses to threat through breathing, relaxation, mindfulness, changing thoughts and behaviors and releasing emotions.

CalmHarm (calmharm.co.uk)

- Free
- Award-winning app developed to reduce self-harm in teens using evidence-based principles from Dialectical Behavior Therapy (DBT).
- Immediate activities and techniques to help break the cycle of self-harm explore underlying trigger factors; helps build a 'safety net' of helpful thoughts, behaviors, and supportive people; and the ability to journal and self-reflect.

Insight Timer (insighttimer.com | insighttimer.com/meditation-timer)

- Free, optional fee-based workshops
- Guided meditations and mindfulness exercises or a timer to meditate independently.

Calm (calm.com)

- \$69.99/year
- Unique, evidence-based audio content that tackles mental health challenges like stress, anxiety, insomnia and depression.
- Includes 250+ Sleep Stories plus music, meditation and nature sounds.

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