

Useful websites and apps for teens and kids

[Happify \(app\)](#) = costs money for Happify Premium but basic Happify is free; exercises and games help to train one's brain to focus on positive thoughts and practice gratitude

<https://namimn.org> = useful website that offers educational resources, including therapeutic and support groups, fact sheets, and statewide advocacy events focused on mental illness

www.verywellmind.com = offers a wide variety of information about mind-related concerns including mental health and psychology, meditation, brain health, and addiction

<https://www.nimh.nih.gov/health/topics/child-and-adolescent-mental-health/index.shtml> = contains a wealth of mental health information that describes mental health in less medical jargon-y terms for adolescents and adults, making it easier to understand and talk about

<https://teens.drugabuse.gov/> = the teen-focused version of the National Institute of Drug Abuse (NIDA) website; offers a significant amount of information on drugs and alcohol and addictive behaviors

[Calm in the Storm \(Apple\)](#) = provides information about how stress affects mental health and offers tips for and assistance with managing current stress levels; allows for creation of a safety plan in the event that stress becomes difficult to manage

[Meditation Coach](#) = initially designed for individuals struggling with PTSD, this app can be useful for anybody struggling with depression and anxiety concerns as well; teaches users about the benefits of mindfulness and meditation and how to incorporate into daily life

[Affirmations](#) = provides users with daily affirmations that target: emotional expression, gratitude, happiness, letting go of the past, and motivation

www.mentalhelp.net = offers a large amount of information geared towards people struggling with mental health and co-occurring addiction disorders while adding additional layers of knowledge regarding medical concerns, wellness and personal development, and treatment/interventions

[The Teen Toolbox \(app\)](#) = free; features information via a variety of media (i.e. articles, webinars, YouTube videos) targeting both teens and their parents with teen-centric topics such as: relationships, school, mental health and healthy coping skills

<https://www.yourlifeyourvoice.org/Pages/tip-99-coping-skills.aspx?Topic=Coping%20Skills> = direct link offers customizable list of coping skills for individuals struggling with anxiety and other mental health concerns

[Clear Fear \(app\)](#) = free; provides information, activities, and coping skills designed to address feelings of anxiety and panic

[Calm Harm \(app\)](#) = free; provides skills and activities as alternatives to self-harm; includes a journal and self-monitoring log to track progress made in terms of avoiding self-harm

www.khanacademy.com = free online classes and courses covering a huge variety of subjects