



10 FREE Mental Health Apps for Kids and Teens

At Stigma-Free Society, we believe it's vital to teach young people about mental health early on and provide them with tools for self-care. Mobile apps are a fun and effective way for your child to learn more about these important concepts.

Below, you'll find a list of free mental health apps for kids and teens. Whether you're a parent/guardian or teacher, you can use them to educate children on a variety of topics, from self-development to coping mechanisms for anxiety. Learn more and download them below!

1. Get Sparky

GetSparky offers activities that are supported by Psychiatrist Dr. Shimi Kang. Parents and educators can use it to teach their kids how to develop mental health skills like goal-setting, practicing gratitude, deep breathing, and more!

2. Smiling Mind:

Smiling Mind was created by psychologists and educators, and offers free meditations and programs for sleep and stress. It offers activities not only for kids and teens, but adults and families. There is also a program created specifically for use in the classroom.

3. GoNoodle

GoNoodle is used in 4 out of 5 public elementary schools in the U.S. It has activities designed for mental health, like mindfulness and deep breathing. But also contains a variety of yoga, dancing, and exercise videos that will get your child or students up and moving, which is key for mental health!



10 FREE Mental Health Apps for Kids and Teens

4. Together AI

TogetherAI allows young children to communicate their emotions more clearly and keep track of their mental health. It helps kids understand their feelings. With the app, a child can create an AI friend who does mental health check-ins, listens, and plays with them.

5. **Breathe, Think, Do with Sesame**

This Sesame Street app has entertaining activities that teach children breathing exercises, self-control strategies, and planning. It's perfect for elementary school teachers or parents of young children! Breathe, Think, Do is available on the Apple Store and Google Play.

6. Clear Fear

If you have a student or child that is struggling with anxiety, ClearFear is a great app to help them learn coping mechanisms. It uses CBT (cognitive behavioural therapy) techniques to calm the body and mind. It's recommended for kids and teens ages 11 to 19, but the younger children can easily participate in the activities with support from an adult.

7. eQuoo

This app is a fun and exciting adventure game developed by psychologists. It was approved by Mental Health America and helps kids ages 12+ build relationship skills, reduce anxiety, and foster emotional health.



10 FREE Mental Health Apps for Kids and Teens

8. Moshi Kids

Moshi Kids offers soothing children's stories, meditations, and music. It can be used by educators during the day to promote calmness in the classroom and help students relieve anxiety, or by parents to help kids wind down before bedtime. Download it on the [Apple App Store](#) or [Google Play](#).

9. Manatee & Me

Manatee & Me provides courses that help children with mental health issues. They cover topics like depression, ADHD, anxiety, and more. While the app is useful for educators, it also focuses on parenting and strengthening family bonds.

10. Super Stretch Yoga

Are you looking to teach your children or students more about yoga and its mental health benefits? Super Stretch Yoga is an interactive app that teaches kids 12 different poses. The app's superhero, "Super Stretch," encourages kindness and resilience along the way.