



# Pediatric Associates of Alexandria

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## FREE APPS FOR MENTAL HEALTH

### CALM

**Ages:** 3+

**Price:** Free (paid version available)

**Link:** <https://www.calm.com>

**Description:** The Calm app is a popular mindfulness app that offers guided meditations, sleep stories, soundscapes, and other content to help users manage stress, anxiety, and improve sleep.

### Manatee and Me

**Ages:** children and families

**Price:** Free

**Link:** <https://www.getmanatee.com/manatee-app>

**Description:** Manatee and me provides courses that help children with mental health issues. They cover topics like depression, ADHD, anxiety, and more.

### Moshi Kids

**Ages:** all children

**Price:** Free for people under 18

**Link:** <https://www.moshikids.com>

**Description:** Moshi Kids offers soothing children's stories, meditations, and music. It can be used to promote calmness, relieve anxiety, and help kids wind down before bedtime.

### Smiling Mind

**Ages:** 5+

**Price:** free

**Link:** <https://www.smilingmind.com.au/smiling-mind-app>

**Description:** This app offers free meditations and programs for sleep and stress. It offers activities not only for kids and teens, but adults and families as well.