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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.