



# DIGITAL MENTAL HEALTH TOOLS FOR TEENS AND YOUNG ADULTS

## PSYCHOEDUCATION & COACHING



**Soluna** • [solunaapp.com](https://solunaapp.com)

One-on-one support with live coaches, a library of multimedia resources, wellness exercises, and peer communities—in California, free for teens and adults ages 13 – 25.

## APPS TO SUPPORT MENTAL HEALTH AND WELLBEING

### E-FIDGET



**Tappy**

Helps reduce stress and anxiety in a fun and satisfying way. Includes fidget games and tools guided meditations, soundscapes, breathing exercises, and mood tracking.

### DBT SKILLS



**DBT Coach**

Teaches DBT (Dialectical Behavioral Therapy) skills using video lessons and animations. Users can practice skills through guided exercises and track their progress.

### MINDFULNESS/EMOTION REGULATION



**Insight Timer**

Offers guided meditations to help calm the mind, reduce anxiety, manage stress, sleep deeply, and improve happiness.



**Headspace**

Provides expert-guided meditations, one-on-one mental health coaching, and mood-boosting mindfulness exercises to offer support with stress, everyday anxiety, and more.

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**CLINICAL SERVICES**

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## MINDFULNESS/EMOTION REGULATION



### **Calm**

Offers science-backed content and meditations for daily mental health support, to help users sleep more, stress less, and live mindfully.



### **I Am**

Teaches daily affirmations to help rewire the brain, build self-esteem, and change negative thought patterns.

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## Why emotional wellness apps?

Emotional wellness applications are designed to promote positive moods and are used as coping tools. These apps aren't a replacement for mental health services, so please don't hesitate to reach out to CHC or your therapist if you need support. These apps can be used on your own or together with a parent or therapist.

## Help Is Available

CHC is here for you and your family. We've been a trusted community resource for 70 years, providing life-changing services for ADHD, learning differences, anxiety and depression, and autism.

### **CHC's Care Team:**

Email: [careteam@chconline.org](mailto:careteam@chconline.org) • Phone: 650-688-3625 • Medi-Cal: 650-688-3650

*If you are experiencing a mental health crisis, call or text 988 to speak with someone today. Available 24 hours a day*

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