



DIGITAL MENTAL HEALTH TOOLS FOR KIDS

PSYCHOEDUCATION & COACHING



Brightline Kids • hellobrightline.com/brightlifekids

One-on-one support with coaches, a library of multimedia resources, wellness exercises, and peer communities—in California, free for kids up to age 12 and their caregivers.

APPS TO SUPPORT MENTAL HEALTH AND WELLBEING

E-FIDGET



Tappy

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

SELF-CARE



Finch - Self Care Pet

Offers exercises to help kids feel prepared and positive when they're struggling with stress, mental health, or motivation challenges.

MINDFULNESS/EMOTION REGULATION



Smiling Mind

Provides hundreds of free meditations to help kids ages 3 and up practice mindfulness, stay present, combat stress, and improve performance, sleep, attention, and relationships.



Breathe, Think, Do with Sesame

Helps teach kids skills such as problem-solving, self-control, planning, and task persistence. Intended for parents or caregivers to use with children ages 2-5. (English and Spanish.)

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CLINICAL SERVICES

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MINDFULNESS/EMOTION REGULATION



Mindful Powers

Teaches mindfulness through progressive voice-guided stories, focus timers, and sensory-based exercises.

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 • 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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