












Well-Being Apps for Children & Youth



 <p>Always There: <i>Kids Help Phone app</i></p>	 <p>Mind Your Mood: <i>Tracks your mood</i></p>
 <p>MindShift: <i>Managing stress and anxiety</i></p>	 <p>Be Safe: <i>Create safety plan</i></p>
 <p>Smiling Mind: <i>Calming strategies</i></p>	 <p>Stop, Breathe & Think: <i>Coping tools for mood</i></p>
 <p>Calm: <i>For mindful meditation</i></p>	 <p>Insight Timer: <i>For mindfulness</i></p>
 <p>Happify: <i>Science-Based Happiness Games & Activities</i></p>	 <p>Headspace: <i>For mindful meditation</i></p>
 <p>MyMoodTracker: <i>An app for tracking your moods, emotions and keeping a daily log</i></p>	