

Ages 3–6



Headspace for Kids

Mindfulness, Sleep, Breathing Voice-guided meditations and sleep stories



Moshi

Sleep, Mindfulness Soothing audio stories, guided bedtime meditations



Breathe, Think, Do (Sesame)

Emotional Regulation, Problem-solving Interactive, playful for young kids



Stop, Breathe & Think Kids

Breathing, Emotional Awareness Customized activities based on feelings

Ages 6–12



Turnaround Anxiety (with parent support)

CBT, Anxiety

Audio-based CBT program designed for children with anxiety and their families.

Includes parent guides and step-by-step help.



Stop, Breathe & Think Kids

Mindfulness, Emotional Awareness Personalized activities



GoZen!

Anxiety, Anger, Emotional Skills Animated, engaging emotional intelligence and resilience-building programs.

Includes videos, tools, and worksheets for anxiety, anger, and more.



Headspace for Kids

Meditation, Focus Has content suitable up to age 12



Smiling Mind

Mindfulness, Stress
Developed by educators;
organized by age



Ages 13–17

Teens



Woebot for Adolescents

CBT, Mental Health Support Requires clinician referral



Sanvello

CBT, Mood Tracking, Mindfulness

Provides mood tracking, guided journeys, therapy tools, and peer support.



MoodMission

Mood, Coping Skills Suggests scientificallybacked "missions" to improve mood.

Builds coping skills and resilience through evidence-based strategies.



Mindshift

CBT, Anxiety
Use CBT tools to help users manage anxiety, panic, and worry.

Includes goal setting, journaling, and thought reframing.



Moodfit

Mood, Sleep, Mindfulness Tracks mood, sleep, and exercise to identify mental health patterns. Offers breathing exercises, gratitude journals, and mindfulness tools.



Todoist

Organization, ADHD Support Task management app to improve organization and focus. Great for building executive function skills and managing routines.



Calm Harm

Self-Harm Urge Management Help teens manage the urge to self-harm using distraction, comfort and expression tools.



Happify

Positive Psychology, Mood Gamified activities based on positive psychology.

Helps improve mood and reduce stress in a fun, engaging way.



Depression CBT Guide

CBT, Depression

Provides structured CBT tools to combat negative thinking and improve motivation.

Includes mood tracking, guided meditations, and goal setting.



Young Adults & Adults



Mindshift

CBT, Anxiety
Great for young adults too



Sanvello

Therapy Tools, Tracking Includes coaching and community



Todoist

Executive Function, ADHD Very helpful for routines & focus



Moodfit

Self-Awareness, Habits Broad features for overall well-being



Happify

Mood Boost, Stress Relief Fun, gamified experience



Depression CBT Guide

Negative Thought Reframing Self-guided CBT tools



MoodMission

Coping Skills, Resilience
CBT-informed suggestions







Summary by Purpose



Headspace for Kids

Moshi

Smiling Mind

Calm (Calm Kids)

Moodfit

Sanvello



Breathe, Think, Do with Sesame Stop, Breathe & Think Kids

GoZen!

Moodfit



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Woebot

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Todoist



Moodfit MoodMission

Sanvello

Depression CBT Guide



