







Teen Coping Apps

App	Age	Description	Price
 Headspace	4-104	Get happy. Stress less. Sleep soundly. Headspace is your guide to mindfulness for your everyday life. 3-minute sessions that fit seamlessly into a busy schedule.	FREE
 Stop Panic & Anxiety Self-Help	4-104	This app will help you, as a teen, empower yourself. It will offer tools to help you tolerate the challenging sensations of panic and assist you in learning to control symptoms of anxiety.	FREE
 Moodtrack Social Diary	12+	Track your mood as often as you would like. Try and find patterns to your mood changing and what could be triggering those feelings.	FREE
 MindShift	12+	Anxiety may sneak into your day when you least expect. MindShift is an app designed to help you focus on what you feel and tools to manage anxiety.	FREE
 BoosterBuddy	12+	Anxiety can easily turn into obsessive thoughts and actions. BoosterBuddy gives you reminders that are in more of a challenge and game format. These "quests" will help you build a positive mental health habit.	FREE
 Rootd	12+	Rootd gives you the opportunity to push a panic button and seek help. The app offers a deep breathing tool, guided visualization, body scans, and empowering lessons. For those moments when panic takes over.	FREE