

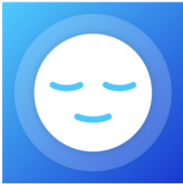



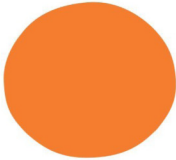





Well-Being Apps for Children & Youth

<p>Always There: Kids Help Phone App</p> 	<p>Be Safe: create a safety plan / crisis response</p> 
<p>MindShift: manage stress and anxiety</p> 	<p>Calm: meditate, sleep, relax</p> 
<p>Stop, Breathe & Think: mindfulness & meditation</p> 	<p>Smiling Mind: calming strategies</p> 
<p>Headspace: guided meditation & mindfulness</p> 	<p>White Noise: for sleeping or mindfulness</p> 

Specifically for Younger Children (intended for parent/caregiver and child to use together):

<p>Breathe, Think, Do with Sesame (ages 2-5)</p> 	<p>Stop, Breathe & Think for Kids: (ages 5-10)</p> 
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