

Apps for Teens



Our smartphones can be used for all sorts of fun games and apps, but they can also be put to work and help us out! Technology can be a great tool for developing coping strategies for mental health difficulties, organizing school work, and staying safe. Needham Youth Services has compiled a list of apps we think make great tools for teens. Please note that we are not affiliated in any way with, sponsored by, or in any other way involved with any of the apps listed below.

BellyBio Interactive Breathing: biofeedback app monitors breathing and plays ocean sounds to encourage relaxing; *iPhone, free*

Buddhify: a modern mindfulness app with guided imagery and meditation exercises for bedtime, after school, study breaks, and more; *iPhone and Android, \$3.00*

iStudiez Pro: helps students track homework assignments and due dates; alerts students about assignments and approaching due dates; *iPhone, \$2.99*

Khan Academy: academic resource tool for a variety of subjects; often used by NHS teachers as a supplemental learning tool; *iPhone and Android (Khan-App Pro on Android), free*

Kitestring: a personal safety service that checks up on you at a determined time; Kitestring texts you to make sure you are safe...if you reply to the message all is well; if you don't check in Kitestring alerts predetermined emergency contacts; *web-based app, free*

MindShift: teaches relaxation skills, develops new thinking, suggests healthy activities; *iPhone and Android, free*

MyQuit Coach: application designs a personal plan to help quit smoking; sets goals, adjusts preferences, can link to social media for friends/family support; *iPhone, free*

Operation Reach Out: suicide prevention tool particularly for those involved in or have family members in the military; *iPhone and Android, free*

Otter: an app that can auto-reply to text messages; helps reduce urge to text and drive; *Android, free*

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Samkai: this app rewards you for not texting and driving; when you drive safely you receive points that can be redeemed for discounts and gift cards; *iPhone, free*

Self-help for Anxiety Management (SAM): self-help methods for managing anxiety; *iPhone and Android, free*

SexPositive: information about STIs, safety, communication tips, and healthy advice; developed by University of Colorado Boulder and University of Oregon; *iPhone, free*

Sleep As Android: compares different nights' sleep over time; helps evaluate your whole sleeping history; *Android, free*

Sleep Cycle Alarm Clock: analyzes and graphs sleep quality; wakes you up during your lightest sleep; *iPhone, \$0.99*

Smiling Mind: an app to help develop mindfulness; programs tailored for specific age groups (7-11, 12-15, 16-22, and adult); *iPhone and Android, free*

T2 Mood Tracker: tracks symptoms of depression, anxiety, PTSD, traumatic brain injury, stress, and general well being; *iPhone and Android, free*

30/30: helps with time management; set up a list of tasks and length of time for each task...when the timer starts it alerts you when it's time to move on to the next task; *iPad, free*