

## Therapeutic Apps & Website Resources

- [Headspace: Guided Meditation & Mindfulness](#) – This app provides meditation exercises with a coach that helps you learn as you go.
- [The Mindfulness App](#) – A mindfulness app that helps you become more present in your daily life with guided and silent meditation sessions.
- [Aware](#) – This app leads you through daily mindfulness meditation techniques, including energizing activities and breathing practice.
- [Stop Breathe & Think: Meditate](#) – Tailored to your specific emotions, this app helps you take a break and reduce stress through meditation.
- [MyCalmBeat](#) – This app provides training and practice in slow, deep breathing for stress reduction.
- [Breathe](#) – An app that assists in controlling your breathing.
- [Gratitude Journal](#) – This app helps you focus on the positive by identifying what you are thankful for each day.
- [Pacifica – Stress & Anxiety](#) – Tools for mindfulness, meditation, relaxation, and health/mood tracking.
- [Affirmation Reminder](#) – Select from a list of positive affirmations or make your own to add as reminders.
- [ColorMe](#) – Free coloring app to help reduce stress.
- [Relax Melodies](#) – Free app with white noise and calming sounds for sleeping and meditation.

## Free Websites

- [The Calm Clinic](#) – Website with articles specifically focused on anxiety.
- [National Institute on Drug Abuse for Teens](#) – Lots of free resources and information for parents, educators, counselors, and teens themselves.
- [Love Is Respect](#) – Website that teaches young adults about health relationships.
- [PsychCentral](#) – Detailed information, resources, and articles on a number of mental health disorders and disabilities.
- [American Psychological Association](#) – Large assortment of free information on topics and latest research.
- [College Board](#) – Website to help young adults, parents, and counselors navigate through college decisions.