



## Mental Health Help

### Why is mental health important?

- Mental health—an essential part of children’s overall health—has a complex interactive relationship with their physical health and their ability to learn, interact with others, and manage stress and emotions. Both physical and mental health affect how we think, feel, and act on the inside and outside.
- Worldwide, 8% of children and 15% of adolescents experience a mental disorder, but the majority of them do not seek help or receive care. Suicide is the third leading cause of death in 15-29 year-olds. The consequences of not addressing mental health and psychosocial development for children and adolescents extend to adulthood and limit opportunities for leading fulfilling lives. (WHO)
- Self-Referral to DMH info
  - **[embed concise table]**
  - [English](#)
  - [Spanish](#)
  - [Concise](#)

### [\\*DHS Resource List - Children](#)

### Free Mental Health Apps

- [Brightlife Kids](#)
  - Personalized support for California families. Kids ages 0–12 get free, expert coaching for sleep issues, worry, social skills, and more. Live, 1:1 video sessions, secure chat, on-demand content, and more.
- [Soluna App](#)
  - Soluna is a free mental health service for 13 - 25 year olds in California. Chat confidentially with 1:1 coaches or explore tools
- [Smiling Mind](#)
  - Smiling Mind was created by psychologists and educators, and offers free meditations and programs for sleep and stress. It offers activities not only for kids and teens, but adults and families. There is also a program created specifically for use in the classroom.
- [GoNoodle](#)
  - GoNoodle is used in 4 out of 5 public elementary schools in the U.S. It has activities designed for mental health, like mindfulness and deep breathing. But also contains a variety of yoga, dancing, and exercise videos that will get your child or students up and moving, which is key for mental health!
- **Breathe, Think, Do with Sesame ([Apple](#), [Google Play](#))**
  - This Sesame Street app has entertaining activities that teach children breathing exercises, self-control strategies, and planning. It’s perfect for elementary school teachers or parents of young children! Breathe, Think, Do is available on the Apple Store and Google Play.

- **Clear Fear**

- If you have a student or child that is struggling with anxiety, ClearFear is a great app to help them learn coping mechanisms. It uses CBT (cognitive behavioral therapy) techniques to calm the body and mind. It's recommended for kids and teens ages 11 to 19, but the younger children can easily participate in the activities with support from an adult.

- **eQuoo (Apple, Google Play)**

- This app is a fun and exciting adventure game developed by psychologists. It was approved by Mental Health America and helps kids ages 12+ build relationship skills, reduce anxiety, and foster emotional health.

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