

Introducing: Happify for Teens

happify™
HEALTH

A Happify Health solution for ages 13-17

The teenage years can be a period full of discovery and growth. It can also be a tumultuous and emotionally challenging time for teens and families alike. According to the World Health Organization¹, the teenage years are a “crucial period for developing and maintaining social and emotional habits important for mental well-being”. Introducing Happify for Teens, a first-of-its-kind solution devoted to helping teens develop the skills they need to manage their stress and gain control of their emotions.

Why It Matters: Today's Challenges



Half of all mental health conditions start by age 14 but most go undetected and untreated¹



Consequences of not addressing adolescent mental health extend into adulthood, impairing both physical and mental health¹



SAFE. EFFECTIVE. TEEN TESTED.

- Separate space within Happify dedicated to teens
- Content and tracks on the topics teens care about most, including stress, anxiety, and friendships
- Science-based activities developed in collaboration with a child psychologist to help teens build the skills they need for good mental health
- Fits into a teen's digitally-centered life. It's as easy as picking up their phone
- Complies with US safety and privacy regulations for minors ages 13-17

FAMILY-CENTERED SUPPORT FOR BETTER OUTCOMES

- Age appropriate support for an underserved population
- Helps reduce presenteeism and absenteeism for parents caring for a teen with mental health challenges
- Fills gap between the shortage of therapists and the need
- Meets immediate needs of parents and teens



Specialized tracks and activities for teens

Happify has developed special tracks and activities in collaboration with child psychologists to meet the needs and interests of this age group. All content has been teen reviewed and the reading proficiency level is at the 5th grade.

Other program features include:



Multi-discipline approach: Cognitive Behavioral Therapy, Positive Psychology, Mindfulness and others



Guided meditations designed for teens



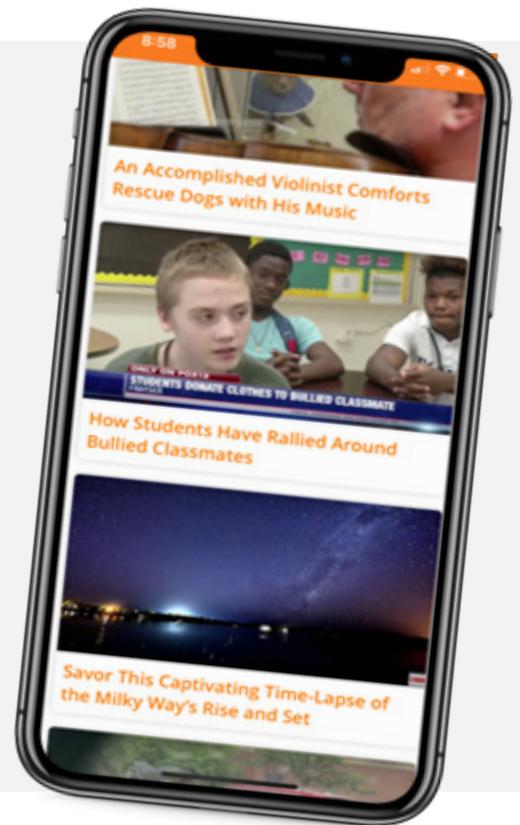
Assessments (Happiness Score, VIA Character Strengths) adapted for teens



Happify Daily includes videos and infographics curated just for teens



Currently available for the U.S., English-only



Tracks designed just for teens



● Fight Those Negative Thoughts

● Stress Buster 101

● Feel More Confident

● Be Kinder to Yourself

● The Friendship Project

● Quit Comparing Yourself to Others

● Free Yourself from Worries

● Feel Good About the Foods You Eat

● Get Healthy & Active

1. <https://www.who.int/news-room/fact-sheets/detail/adolescent-mental-health>