

An app to help address the teen mental health crisis

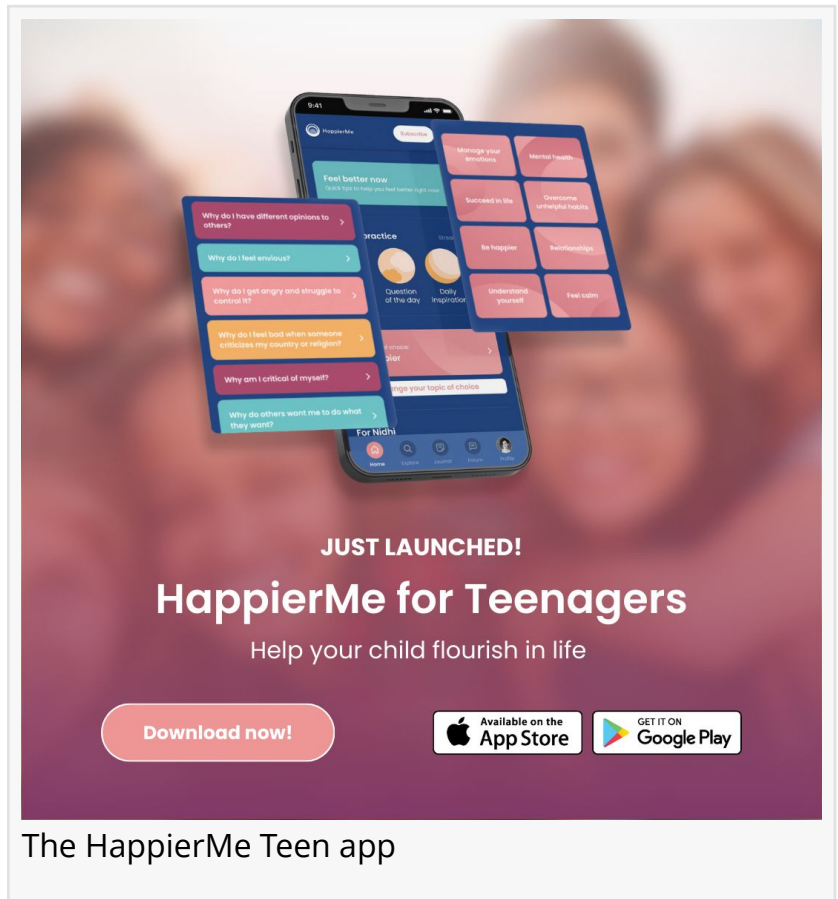
HappierMe launches a new emotional intelligence app for teenagers to help them manage their own emotions and mental health, and be happier.

LONDON, UNITED KINGDOM, July 18, 2024 /EINPresswire.com/ -- A new app has been launched to help teenagers regulate their emotions and improve their mental health.

Created by [HappierMe](#), the emotional intelligence app aims to help teens make better decisions, improve their relationships and feel happier in general. NHS statistics show that one in five teens have a mental health disorder, while figures from the CDC show 57% of adolescent girls are persistently sad, while 17% of young people are self-harming.

With 75+ modules, the [app for teenagers](#) will form a separate part of the existing HappierMe app for adults and be able to support the entire family. Built in collaboration with teenagers and experts from around the world, the app helps teenagers feel better now and then go deeper to understand their own mind so they can be in charge of their thoughts, feelings and reactions.

[Dr Manoj Krishna](#), a former spine surgeon and the UK-based founder of the HappierMe app, said: "Education is about learning, and in addition to learning their subjects, students could also learn about themselves and how their minds work. This self-knowledge can help them develop their emotional intelligence and meet life's challenges while remaining mentally healthy. "This addresses the root cause of problems rather than just the symptoms. By understanding themselves they can understand others better, and have happier friendships."



The advertisement features a smartphone displaying the app's interface. The screen shows a 'Feel better now' section with a 'practice' button and a 'Question of the day' section with a 'Daily Inspiration' button. Below these are several question cards, such as 'Why do I have different opinions to others?' and 'Why do I feel envious?'. To the right of the phone is a grid of colorful buttons for various app features: 'Manage your emotions', 'Mental health', 'Succeed in life', 'Overcome unhelpful habits', 'Be happier', 'Relationships', 'Understand yourself', and 'Feel calm'. The background is a blurred image of a person's face. At the bottom of the ad, it says 'JUST LAUNCHED!' followed by 'HappierMe for Teenagers' and 'Help your child flourish in life'. There are buttons for 'Download now!' and logos for 'Available on the App Store' and 'GET IT ON Google Play'.

The HappierMe Teen app

The HappierMe app costs less than two cups of coffee per month and is available to download or can be accessed via the HappierMe website <https://happierme.app>. And those wanting to try the app out can take advantage of a two week free trial.

The app aims to teach teenagers vital life skills, including how to:

- manage their own mental health
- have happier friendships
- self-regulate their habits and avoid addiction
- have a healthy relationship with social media
- communicate with care
- meet life's challenges with less stress and anxiety
- think clearly and make better decisions

Roshal Sebastian, a teenager in Texas who has used the HappierMe app, said "HappierMe has helped me build a better relationship with myself and others. This app provided a safe space for me to explore my thoughts and feelings, guided by insightful exercises and resources tailored to my needs. "Through consistent use, I've cultivated a deeper understanding of myself and developed practical coping mechanisms that have significantly improved my mental well-being."

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HappierMe
TEENAGERS

Support teens to deal with anxiety and understand their emotions

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Help teens to be less anxious

HappierMe
TEENAGERS

Empower teens to manage their own emotions, habits and mental health

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Help teens to manage their mental health

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