

FAQ GUIDE

GENERAL CONCERNS

What is the Stop, Breathe & Think app?

SBT is an award-winning app that helps you find peace of mind anywhere. It allows you to check-in with how you are feeling and recommends short activities and guided meditations tuned to those emotions.

Is the app for teens or adults?

Both. All the activities are appropriate for teens and adults. We have launched a Kids app as well (ages 4-10) available on iOS, iPads and tablets.

Is there a Stop, Breathe & Think app for Android or other non Apple smartphones?

The All Ages app is available on Android devices. The Kids app is not yet available on Android but we are working on it.

TECHNICAL CONCERNS

How can I download the Stop, Breathe & Think app or Kids app?

Stop, Breathe & Think All Ages: The app can be downloaded on the [App Store](#) or on [Google Play](#).

Stop, Breathe & Think Kids: The app can be downloaded on the [App Store](#).

Can I access the Stop, Breathe & Think All Ages app and Kids app online?

Yes! SBT All Ages: <https://app.stopbreathethink.org>

SBT Kids: <https://kidsapp.stopbreathethink.com>

How do I add multiple accounts on the Kids app?

1. Log in to your account.
2. On the "Who's In" page, tap "Edit Accounts" in the upper-right corner of the app.
3. Tap the plus icon to add another account.
4. In the box, add a name. You can also change the icon color by tapping a color.
5. Tap "Done" on your keypad. The account is added.
6. If you have reached the maximum of 5 accounts but need access to more, tap "Need more than 5?" and an automated email will be sent to our support team.

How do I stream Stop, Breathe & Think content on a smartboard?

Easy! Since a smartboard is in essence a larger version of a computer, you would access Stop, Breathe & Think through the following URLs: <https://app.stopbreathethink.org> or <https://kidsapp.stopbreathethink.com>.

Still have questions?

We're here to help! Email us: support@stopbreathethink.com