



ESCAPE SCREENS

JOIN THE MOVEMENT.

We're working with some of the world's best psychologists, researchers, and clinicians to correct the problems that excessive screen time has posed on mental health.

The secret to happiness is not really a secret. Decades of research has found that completing goal-oriented challenges gives kids and teens a sense of accomplishment, a feeling of control, and a great way to meet people—three things needed to thrive and lead a happy, productive, satisfying life.

Introducing the world's first marketplace—curated by psychologists—where kids and teens, or anybody really, has direct access to real-life, goal-oriented challenges proven to reduce loneliness, self-doubt, anxiety, and depression.

DOcurious

