

Nurses Dedicated to Your Child's Wellbeing

Reimagine Social and Mental Wellness Kids Want

We understand the concerns you have as a parent or legal guardian in today's digital world. The constant barrage of misinformation and online dangers can overwhelm any child. Social media often promotes inappropriate ideas, content, and products, and children as young as 8 years old are being influenced by them.¹ That's why we created TAMMIRA®, a unique wellness telemental health app to help kids ages 10-22 navigate these challenges.

Students in the Rio School District can download the TAMMIRA app and access the Wellness Program in two ways: by getting a referral from their school counselor or by signing up directly in the app. Once a student is verified by their school district, our nurses can take it from there. We're working with California school districts to offer our Wellness Program at no cost to your family².

Creating Community

TAMMIRA is a non-judgmental and stigma-free space where your children can express their concerns, ask questions about their changing bodies and minds, get accurate, age-appropriate information, and connect with peers experiencing similar changes. Our registered nurses talk about body dysmorphia, eating disorders, bullying, sextortion, and more.

Meet our inclusive nurses who reflect the communities they serve.



Kirstin Snyder
Nurse Practitioner
(PMHNP-MSN-BC)



Carolina Martinez
Registered Nurse
(RN-MSN)



Heaven Rose Aguilar
Registered Nurse
(RN-BSN)

Impact Online and Offline

TAMMIRA offers the best of both worlds—accessible, online interaction paired with real-life skill-building, enhancing engagement in the classroom and at home. Our nurses help kids build self-advocacy, prosocial behaviors, and interpersonal skills, which is important since kids missed practicing these skills during the COVID pandemic. Our personalized program employs a “calling on” rather than a “calling out” approach, creating a supportive environment. Discussions led by our nurses lead to fewer school disruptions and relieve school nurses, social workers, therapists, teachers, counselors, caretakers, and parents/legal guardians from addressing topics they might feel unprepared for. We help children manage external pressures, which improves their grades and productivity in class, sports, and other activities, leading to a better quality of life.

Your Child's Safety and Privacy Are Our Top Priorities

Our program features robust security measures and user privacy. Our nurses assess, triage, and refer urgent behavioral needs, including screening for potential suicidal thoughts and escalating red flags as they arise.

How the Program Works

Our multi-week program—offered in both 1:1 and group formats—combines research-supported techniques and holistic information to build resilience, internal strength, and awareness. With one to two nurses present at each event, depending on attendance, we focus on empowering your child with real-life skills and meaningful connections. We don't prescribe medication, provide clinical treatment, or offer direct diagnoses. Our evidence-based program is informed by pediatric medical knowledge (dermatology, psychiatry, nutrition, diabetes and preventative care) and therapeutic approaches, including CBT*, DBT**, mindfulness, and others.

TAMMIRA offers support and guidance as you handle raising a child in the digital age. You don't have to do it alone. There's no one-size-fits-all solution to mental health. It takes a community with diverse expertise. With the right support that meets them where they are, children can thrive in health and joy throughout their lives. Let our nurses help your child build a happier, healthier self.



tammira.com

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¹Preteens and skincare: What parents should know

²California Youth Behavioral Health Initiative

*Cognitive behavioral therapy (CBT) **Dialectical behavior therapy (DBT)

