



CALM HARM

# RIDE THE WAVE

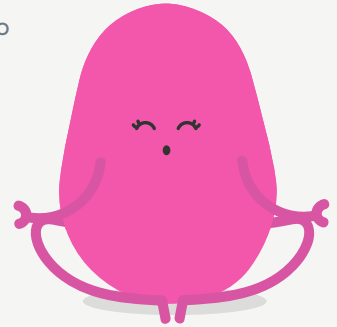
When you ride the wave, the urge to self-harm will fade

The urge to self-harm is like a wave.

It feels the most powerful when you start wanting to do it.

Learn to ride the wave by using the 'Five Minute Rule' or 'Fifteen Minute Rule' with these activities; **Comfort**, **Distract**, **Express Yourself**, **Release**, **Random** and **Breathe** on the Calm Harm app.

When you ride the wave, the urge will fade.



The stem4 Calm Harm app is available as a free download from Apple Store and Google Play, and is featured on the NHS Apps Library.

Please note the app is an aid to treatment but does not replace it.

[www.calmharm.co.uk](http://www.calmharm.co.uk) @calmharmapp #calmharm #ridethewave

Developed by stem4 - registered Charity No. 1144506

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supporting teenage mental health

