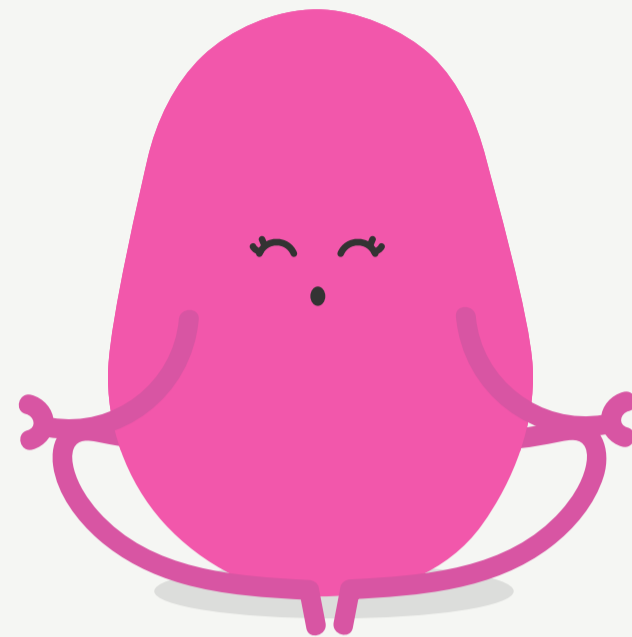


Worried about self-harm?



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 with the free Calm Harm app using these activities; **Comfort**, **Distract**, **Express Yourself**, **Release**, **Random** and **Breathe**.

When you ride the wave, the urge will fade.



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

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

www.calmharm.co.uk @calmharmapp #calmharm #ridethewave

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stem4
supporting teenage mental health

