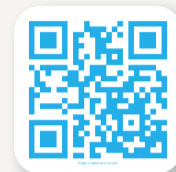


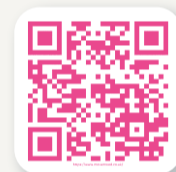
stem4's mental health apps



A free app to help teenagers resist or manage the urge to self-harm
www.calmharm.co.uk • [@calmharmapp](https://twitter.com/calmharmapp)



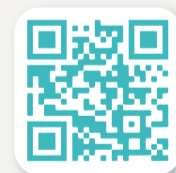
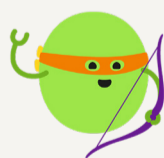
A free app to help children and young people manage the symptoms of anxiety
www.clearfear.co.uk • [@clearfearapp](https://twitter.com/clearfearapp)



A free app to help teenagers manage low mood and depression
www.movemood.co.uk • [@appmovemood](https://twitter.com/appmovemood)



A free app to help families and friends provide mental health support
www.combinedminds.co.uk • [@combmindsapp](https://twitter.com/combmindsapp)



A free app to help young people manage negative body image, poor self-worth,
and related early-stage eating difficulties or disorders
www.worthwarrior.co.uk • [@worthwarriorapp](https://twitter.com/worthwarriorapp)

stem4's award-winning apps are available to download from the App Store and Google Play.



Please note that these apps are an aid in treatment but do not replace it.

stem4
supporting teenage mental health

www.stem4.org.uk • [@stem4org](https://twitter.com/stem4org)

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