

# stem4's mental health apps



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



A free app to help teenagers manage low mood and depression  
[www.movemood.co.uk](http://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](http://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](http://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](http://www.stem4.org.uk) • [@stem4org](https://twitter.com/stem4org)

Developed by stem4 - Registered Charity No. 1144506