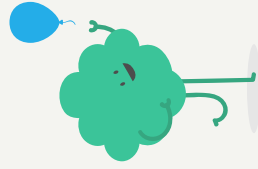
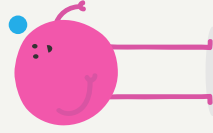


## Reviews



“Hello! So I just wanted to say that your app Calm Harm has really helped me with my self-harm and anxiety. It has also given me the strength to ask for therapy, which I am going to the first session in a few days. Thank you so much for your wonderful app.”

“I use your app and just wanted to say thank you. I am going through a rough patch in life and self-harming was a way to feel better, but not the right way. The app has changed my life for the better.”



“It’s great! I honestly didn’t think this would work. But after trying it, my urge to self-harm started to decrease. And in all seriousness the app isn’t the only thing that helped me. When I saw how many downloads there were on this app I immediately didn’t feel as alone. This app has helped me so much and I’m glad I got it.”

## Awards



# Worried about self-harm?



Download the free Calm Harm app

Featured on the NHS Apps Library



@calmharmapp

[www.calmharm.co.uk](http://www.calmharm.co.uk)



supporting teenage mental health

Wimbledon Business Centre, Old Town Hall,  
4 Queens Road, London SW19 8YB  
Registered Charity Number 1144506



## About Calm 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:

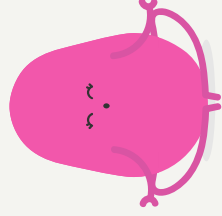
**Comfort**, **Distract**, **Express Yourself**, **Release**, **Random** and **Breathe**.

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

Calm Harm is an award-winning app developed for teenage mental health charity stem4 by Dr Nihara Krause, Consultant Clinical Psychologist, using the basic principles of an evidence-based therapy called Dialectical Behavioural Therapy (DBT).

Calm Harm provides tasks to help you resist or manage the urge to self-harm. You can make it private by setting a password, and personalise the app if you so wish. You will be able to track your progress and notice change.

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



## Screenshots



## Privacy

### The good news:

We want you to have as small a digital footprint as possible so we don't collect any personal data and can't identify you. The only data we have is the optional information you give

us when you register which is really helpful for us in terms of knowing what sort of ages the users of our app are, which locations it's used in, and which tasks are the most useful. Again, these are not identifiable in any way at all and we use these to make the app better.

**The bad news:** Because we don't collect any identifiable data we can't help you if you lose your password and memorable word. You will have to re-install the app. Sorry – but we thought your privacy was the most important thing.

