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

NORTHERN DIGITAL AWARDS 2018 **WINNER**

DXA '18 UK Digital Experience Awards **GOLD AWARD**
GOLD WINNER 2018
Best Not-for-Profit

AXA PPP **Health Tech & You** **Awards 2017**

A BREAKTHROUGH INITIATIVE **POSITIVE Practice** Mental Health Collaborative

UK UX AWARDS Celebrating excellence in user experience
WINNER 2018
Best User Experience
Best Not-for-Profit

Gold DBA Design Effectiveness Awards 2019 **dba**

RSPH ROYAL SOCIETY FOR PUBLIC HEALTH **HEALTH & WELLBEING AWARDS 2019** PUBLIC MENTAL HEALTH & WELLBEING FINALIST

20th Anniversary 2019 charitytimes Awards **Winner**

Third Sector Awards **Winner 2019**

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@calmharmapp

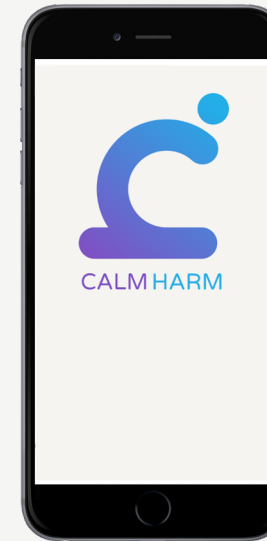**www.calmharm.co.uk**

CALM HARM

stem4 supporting teenage mental health

Wimbledon Business Centre, Old Town Hall, 4 Queens Road, London SW19 8YB

Registered Charity Number 1144506

Worried about self-harm?

Download the free Calm Harm app

Featured on the NHS Apps Library

CALM HARM

Download on the **App Store**

GET IT ON **Google Play**

About Calm Harm

The urge to self-harm is like a wave.

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

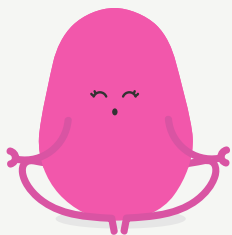Learn to ride the wave with the free Calm Harm app using these activities: Comfort, Distract, Express Yourself, Release, Random and Breathe.
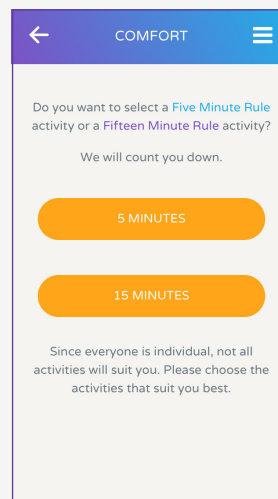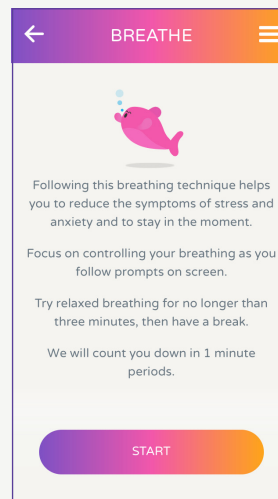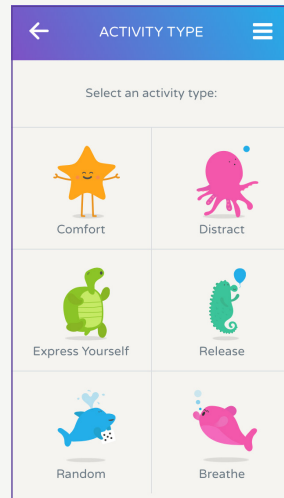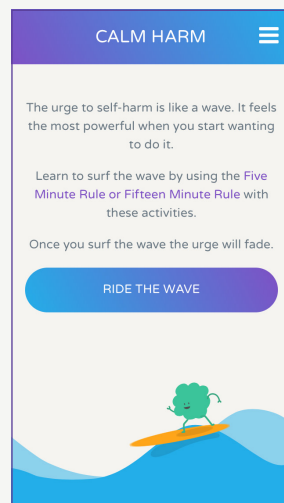
When you ride the wave, the urge to self-harm will fade.

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

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 surf the wave by using the Five Minute Rule or Fifteen Minute Rule with these activities.

Once you surf the wave the urge will fade.

RIDE THE WAVE

← ACTIVITY TYPE ≡

Select an activity type:

Comfort · Distract

Express Yourself · Release

Random · Breathe

← BREATHE ≡

Following this breathing technique helps you to reduce the symptoms of stress and anxiety and to stay in the moment.

Focus on controlling your breathing as you follow prompts on screen.

Try relaxed breathing for no longer than three minutes, then have a break.

We will count you down in 1 minute periods.

START

← COMFORT ≡

Do you want to select a Five Minute Rule activity or a Fifteen Minute Rule activity?

We will count you down.

5 MINUTES

15 MINUTES

Since everyone is individual, not all activities will suit you. Please choose the activities that suit you best.

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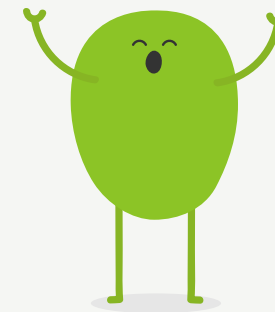
The bad news: Because we don't collect any identifiable data we can't help you if you lose your password and memorable word. You will have to re-install the app. Sorry – but we thought your privacy was the most important thing.