

Calm Harm App

Calm Harm is a free app that provides tasks that help young people resist or manage the urge to self-harm. Featured on the NHS Apps Library. Download for free on Google Play or App Store.

Last updated: September 10, 2021

Website: https://calmharm.co.uk/

Email: calmharm@stem4.org.uk

Twitter: https://twitter.com/calmharmapp

Facebook: https://www.facebook.com/calmharmapp

Related Articles

Suicide

Self harm