

Recommended Apps

Calm Harm

The Calm Harm app by stem4 helps young people resist or manage the urge to self-harm. Developed by Dr Nihara Krause, a Consultant Clinical Psychologist, in collaboration with young people, the Calm Harm app uses strategies from Dialectical Behaviour Therapy (DBT) to help users learn to identify and manage their 'emotional mind', teaching impulse control, emotional regulation and tracking underlying triggers to harmful urges.

It is not a substitute for the assessment and individualised treatment by a health/mental health professional.' <https://calmharm.co.uk/faqs/>

Available from Google Play and the App Store: <https://calmharm.co.uk>

Medito

A free and well-designed app that helps you practise meditation, a practice known to improve mental wellbeing.

<https://meditofoundation.org/medito-app>

For Parents and Carers, relatives and friends:

Combined Minds

Combined Minds is an app developed for teenage mental health charity Stem4 by Dr. Nihara Krause, Consultant Clinical Psychologist, to help families and friends support young people with their mental health. It uses a Strengths Based approach to encourage resilience. They are keen to stress that it is an aid in treatment, not a replacement.

<https://combinedminds.stem4.org.uk>