



## onlinehulp-apps

app description in the Flemish Appstore for well-being and mental health:  
<https://www.onlinehulp-apps.be/>

version: 10.3.2023

# Calm harm



### Where is the app available?

|   | platform       | URL   |
|---|----------------|---|
| X | iOS<br>(Apple) | <a href="https://apps.apple.com/gb/app/calm-harm/id961611581">https://apps.apple.com/gb/app/calm-harm/id961611581</a>   |
| X | Android        | <a href="https://play.google.com/store/apps/details?id=uk.org.stem4.calmharm&amp;hl=en_GB">https://play.google.com/store/apps/details?id=uk.org.stem4.calmharm&amp;hl=en_GB</a> |

### What is the app's uniqueness?\*

resist self-harm urges or learn to manage them.

### MORE EXTENSIVE DESCRIPTION OF THE APP

#### Subtitle:

Help control self-harm

### Whom is this app for? \*

Calm Harm is intended for youths and adults who experience the urge to self-harm or actually put this urge into practice.

### What is the purpose of this app?\*

By doing various exercises for five or fifteen minutes, Calm Harm will help you manage the urge to self-harm. The exercises are divided into four categories from which you can choose according to the need for help that you experience at that moment. The four categories used by Calm Harm all have the same purpose, but work differently. One category provides distraction, one teaches you not to harm yourself but treat yourself gently, one that helps

you express your emotions differently, and finally a category that provides alternative ways to deal with this urge.

### **What can you do with this app? \***

Calm Harm offers you several 5- or 15-minute activities which can help you resist the urge to harm yourself.

You can choose ...

- ... to distract yourself from the urge
- ... or learn to express your emotions in another way.
- ... or get a safe alternative to self-injury
- ... or learn to take care of yourself instead of hurting yourself.

You can do breathing exercises to get a grip on your urge again.

Calm Harm has four categories of tasks that intend to get a grip on the urge to self-harm. The four categories have the same purpose, but a different focus. 'Distract' teaches you to get a grip by means of distraction, 'Comfort' makes you take care of yourself rather than hurting yourself, 'Express yourself' helps you express your emotions differently, and 'Release' teaches you alternative and safe ways to help you feel released. Each category contains activities that take five or fifteen minutes, which you can choose from or have the app select one at random, and next you carry it out. Additionally there is a 'breathing space' that helps you regain control over the self-harm urges by focussing on your breathing. You can also add activities that could help you.

Calm Harm contains a log in which you can see when your urge is the highest, what activities you did the most, and when you are most active in the app.

Finally you can get help from a support person of your choice by entering their details. If you need help, you can indicate why and then you will get a tip and the option to call your support person.

### **How much does it cost to use this app? \***

Free

### **Who is the supplier of this app?**

Stem4 - <https://stem4.org.uk/>

**Release:** December 10, 2017

## QUALITY ASSESSMENT OF THE APP

*In the app store we decide to include the most important notes of attention on the quality of the app. These are distinct strengths of the app as well as possibly weaker aspects. We do not include what is just okay.*

### On the app's TRANSPARENCY

What are the most important strengths of this app if you focus on transparency?

--> Additional information is available concerning COVID-19

<https://stem4.org.uk/wp-content/uploads/2020/09/CalmHarm-Covid-Booklet.pdf>

What are important weaknesses of this app if you focus on transparency?

--> none

### On the ACCESSIBILITY OF THE APP

What are important strengths of this app if you focus on accessibility?

--> You can choose to use a password.

--> There are many ways to personalise the app.

--> The app can be used offline.

What are important weaknesses of this app if you focus on accessibility?

--> Only available in English

### On the RELIABILITY OF THE APP

What are important strengths of this app if you focus on reliability? \*

--> The app is underpinned.

What are important weaknesses of this app if you focus on reliability?

--> None

Does this app enable contact with a professional?

No, it is a self-help tool

In what language can this app be used?

English

What is or are the central theme(s) in this app?

Mental well-being

Emotional well-being

Self determination

Self harm