



stem4's mental health apps



A free app to help teenagers resist or manage the urge to self-harm
www.calmharm.co.uk • [@calmharmapp](https://twitter.com/calmharmapp)



A free app to help children and young people manage the symptoms of anxiety
www.clearfear.co.uk • [@clearfearapp](https://twitter.com/clearfearapp)



A free app to help teenagers manage low mood and depression
www.movemood.co.uk • [@appmovemood](https://twitter.com/appmovemood)



A free app to help families and friends provide mental health support
www.combinedminds.co.uk • [@combmindsapp](https://twitter.com/combmindsapp)

stem4's award-winning apps are available to download from the App Store and Google Play.



stem4
supporting teenage mental health

www.stem4.org.uk • [@stem4org](https://twitter.com/stem4org)

Please note that these apps are an aid in treatment but do not replace it.

Developed by stem4 - registered Charity No. 1144506.