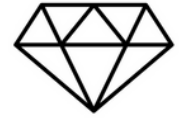


HEAD STRONG



ALUMINA

USING APPS TO HELP OVERCOME SELF-HARM URGES

Are you looking for some ways you can support and equip a young person on their journey towards recovery from self-harm?

Self-help apps and websites are incredibly popular and used regularly to balance mental health or find alternatives to self-harm struggles. This might be because for a young person it offers them support whilst remaining anonymous, or perhaps it just feels much easier to access?

However –with so many different apps out there how do we tell which ones are helpful to recommend to young people? That’s why we wanted to feature 3 that we think are effective tools when trying to overcome self-harm urges.

CALM HARM



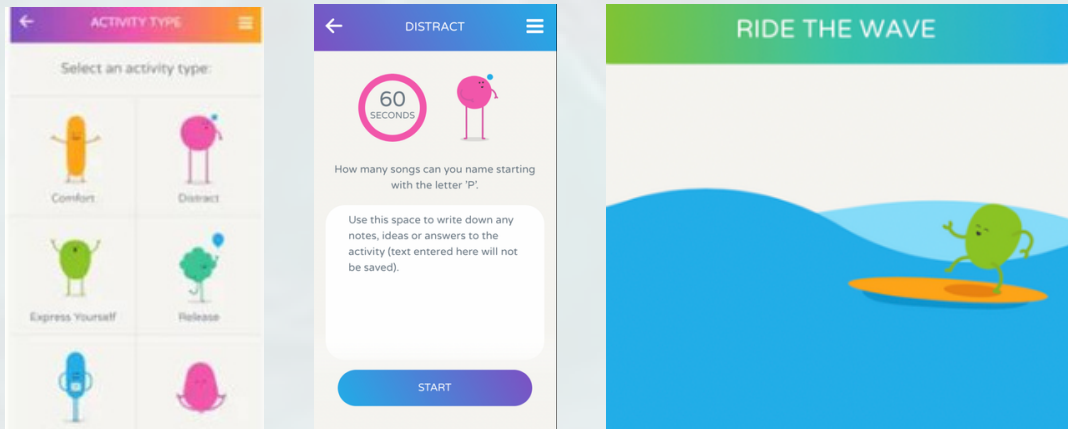
Calm Harm is an incredibly popular app with the young people we support and is there to help you ‘Ride the Wave’ when you experience an urge to self-harm.

The app features a range of Calm Harm mascots that lead you through the content and offer a range of coping strategies for you to try when you start to feel overwhelmed.

The strategies are divided into themed content around areas such as distraction, release, and ways to express how you feel.

Once you select one, it’ll time the ‘wave’ while you try the activity and check-in with you when the timer ends to see if you need to try something else or whether the urge has passed.

Calm Harm also provides the user with a Guided Breathing Activity, a chance to track your progress and a Free-writing Journal space.



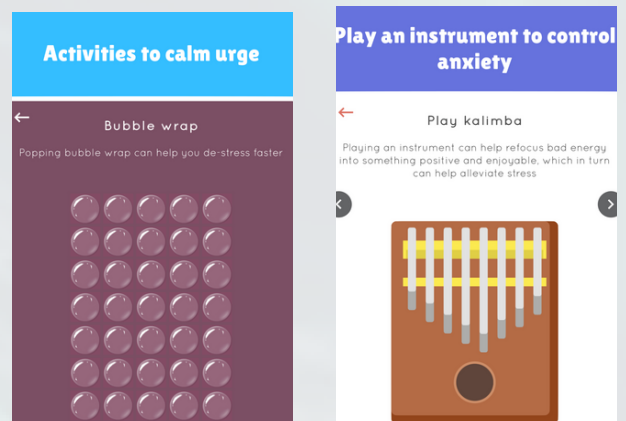
This concept of 'riding the wave' applies to Self-harm so well, as there are times these difficult thoughts, urges or feelings to harm are temporary, will pass or reduce and can be tackled using different Coping tools! All of the content has been developed by a Clinical Psychologist and Charity who based the app on good therapeutic approaches and ensured the app was useful and supportive for individuals struggling with self-harm.

CALM URGE



In a similar way to the first app – Calm Urge gives you lots of different kinds of distraction and coping techniques to access and use when struggling with an urge to self-harm. This includes brilliant digital Fidget Toys, mini games and even Rain and Thunder sounds that may be calming and relaxing to listen to! This app is full of fun, helpful tools all put together in one space and the user can simply pick the ones that they find most helpful, while ignoring the rest to help it fit into their unique journey towards recovery.

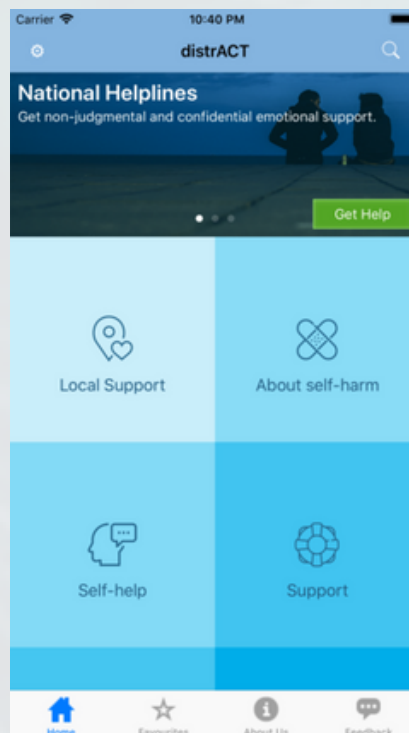
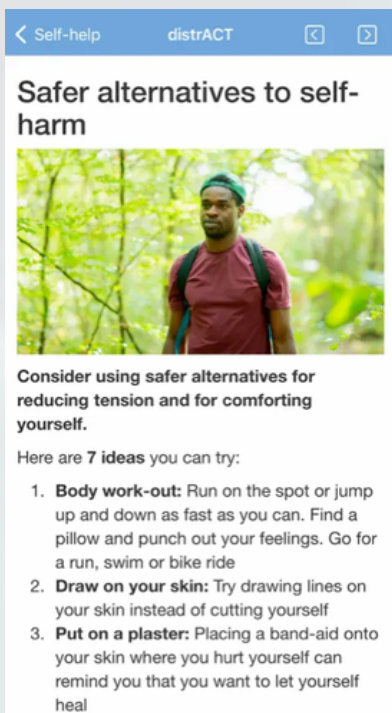
Calm Urge also sends you a notification each day, checking in with you and encouraging you to complete your Journal for the day. This journal helps you track your self-harm (as an option), reflect on your day, write about it and think about what emotions you have felt – Helping you Name and Tame them! Overall – encouragements to use distractions, relaxation tools and to check in with your emotions are great steps as we try to overcome urges.



distrACT



Finally, we are featuring a slightly different app that may help a young person seek alternatives and try to overcome the urge to self-harm. distrACT is a great source of information and pulls together information and tips on ‘Seeking Help’, ‘Distracting yourself’, ‘Safer alternatives’ and Calm things to do! It also includes information and advice on what to do in an Emergency or when you need to reach out for Medical or Professional help.



The app was developed by a collection of Charities, Clinical Psychologists and NHS staff all aiming to bring the best information and ideas into an app that can be quickly accessed by those who need it, and is often reviewed and fact-checked to ensure it is as up-to-date as possible and useful for those using the app.