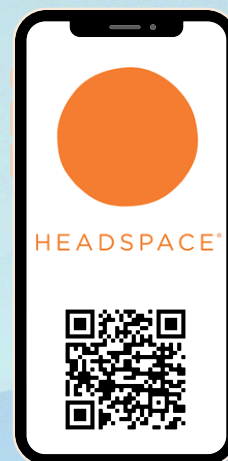
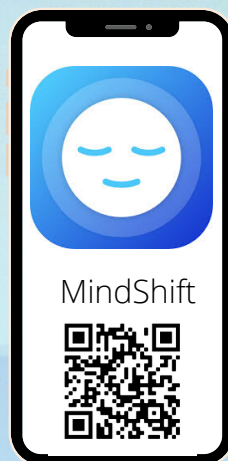
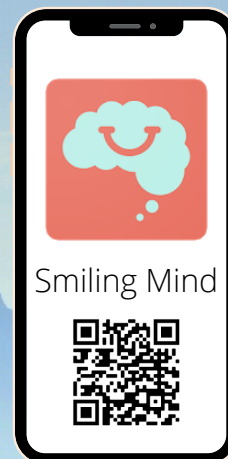
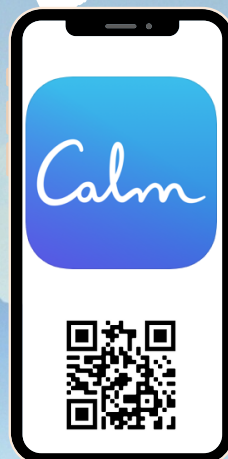
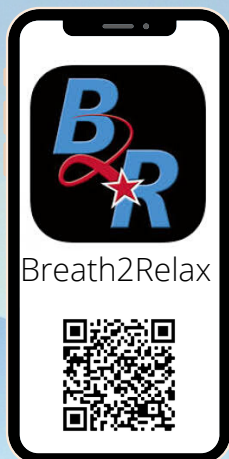


let go



These apps are designed to reduce stress, anxiety, & the urge to self-harm.

Some provide breathing exercises while others, like Calm Harm, provide tasks to help users resist or manage the urge to self-harm. My3 will even help users design a plan and a network of support if the thoughts are too much to manage alone.

Created by Jania Nicholson & Lauren Billingsley
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Lackland ISD has reviewed the apps on this page as potential resources for reducing stress, anxiety, and the urge to self-harm. Parents and students should be aware that the district does not have a data privacy agreement in effect with any of the vendors of any of these apps. Sharing data with the app, then, is the sole choice and responsibility of the individual choosing to share that information, and that individual must make their own informed choice about what information to share. The district does not endorse any particular app listed on this page, and it is possible that there are apps better suited for individual problems. The apps on this flyer are simply suggestions to get you started.