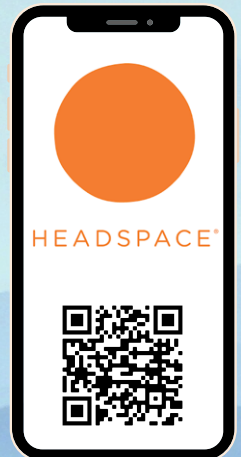
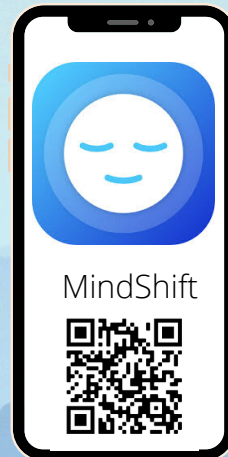
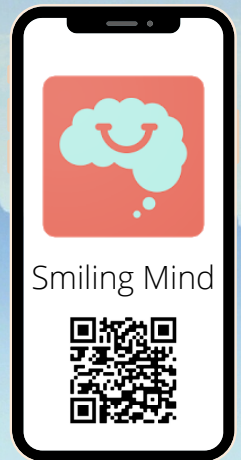
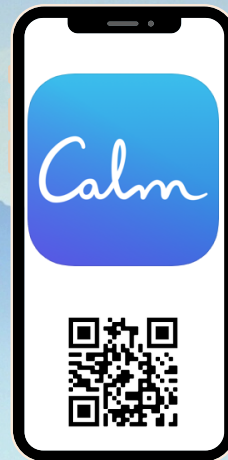
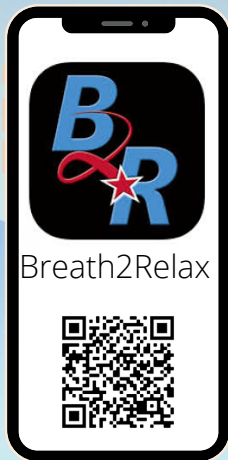


let go



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.