

Do you...self-harm...feel suicidal...?



distrACT

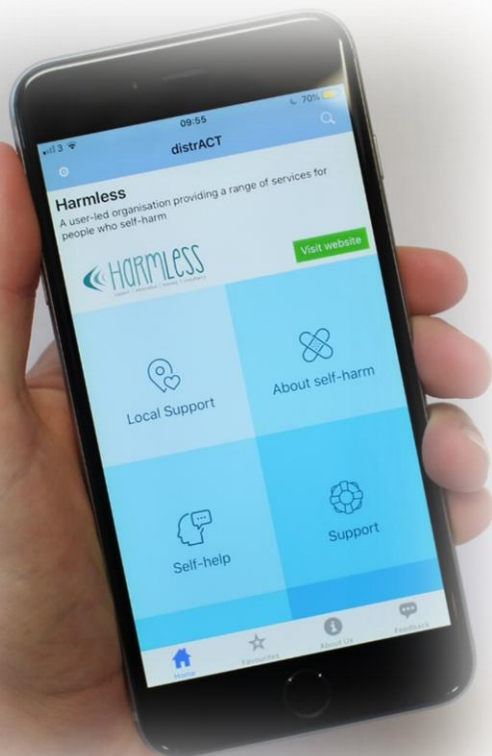
Learn to cope with difficult feelings, manage a crisis and find support – download your FREE

distrACT app today!



Access information and advice when you self-harm or feel suicidal - in one single place:

- Understand self-harm better
- What to do when you struggle
- Where and how to get support



"Self-harm often occurs at times of great psychological distress, so it's nice to see that there is help out there in the form of this new app. I like that it's sensitive, easy to navigate, and promotes emotional wellbeing no matter where you are in your journey."

(L.T., contributor with lived experience of self-harm)



Also listed on the NHS Apps Library - www.nhs.uk/apps-library