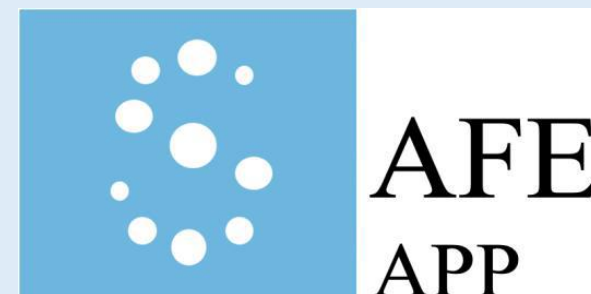


- The SAFE app can be used anywhere, and internet is only needed for download.
- The SAFE app is approved by the app library MindApps.dk
- Data is only stored on your mobile phone.

The SAFE app - Free download:

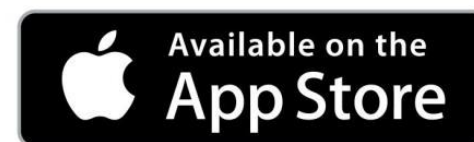


Press "About SAFE". Now you can read more about the SAFE app and watch a video: The purpose of the SAFE app.



**A SUPPLEMENT TO
TREATMENT AS USUAL IN
HEALTH CARE.**

**Free download:
App Store or Google Play**

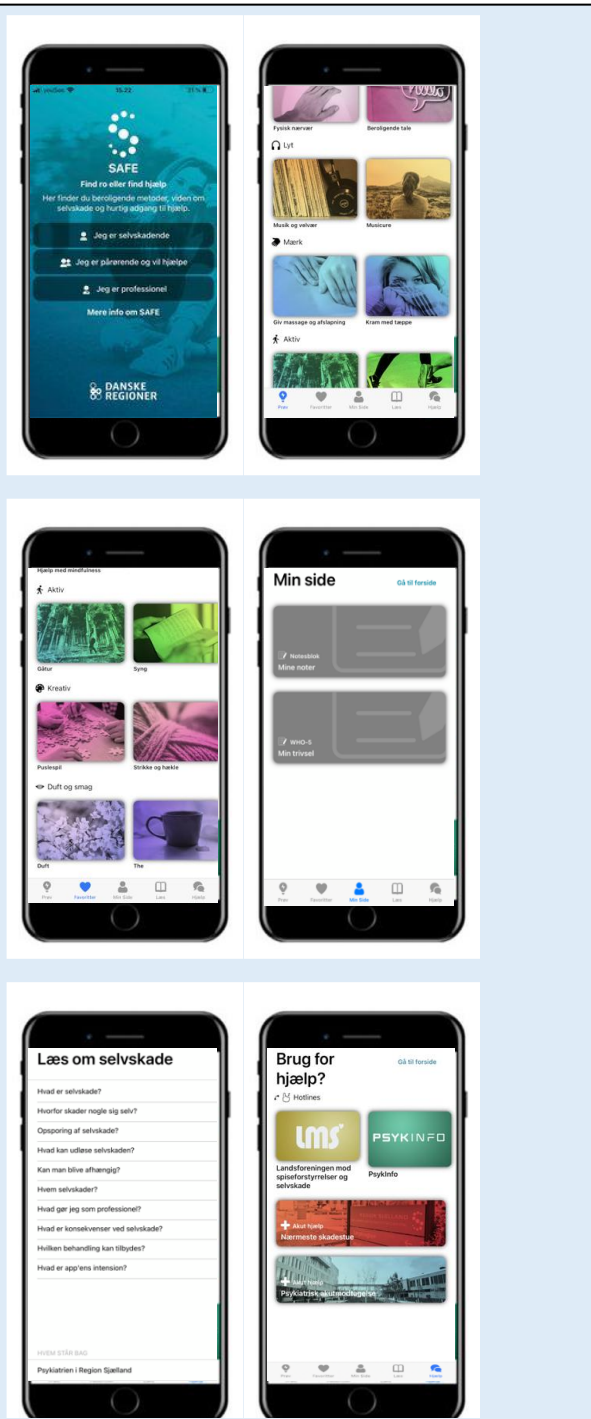


The SAFE app is co-produced by users, healthcare professionals and researchers. It supports Recovery by strengthening coping strategies and relationships between users, healthcare professionals and relatives.

The app contains advice and information about self-harm and more than 35 calming down methods, which can be useful to reduce anxiety in the treatment of patients in need to self-harm. It also contains guidance on what the professional can do when relating to the self-harming patient. There are also references to other help agencies.

The app contains a selection of sensory-stimulating material: see, listen, feel, smell, taste and physical activities.

The app is up-dated continuously based on research and feedback from users.



WHAT DO I DO?

1 Open the SAFE app on your mobile phone or tablet

2 Choose the Category "I am a healthcare professional"

3 You now have 5 choices:

Try: More than 35 calming down methods from 6 categories are available.

Favorites: The patient can add preferred methods by clicking a heart.

My page: The patients' own notes and measurement of well-being.

Read: Information about self-harm.

Help: Find a psychiatric or general Emergency Department close by. Contact counseling lines by chat, SMS or phone call.

A user says about the SAFE app:

"When I'm in a situation feeling vulnerable and in need for help, I open the SAFE app and head directly to the diversion strategies.