

daylight

Welcome to Daylight!

Outsmart your anxiety with free access to Daylight, a clinically proven, NHS recommended treatment for anxiety and worry.

Daylight is a science-backed digital treatment built by leading mental health experts, available whenever and wherever you need it. Engaging and easy to use, Daylight teaches proven techniques to help you manage your worry, day or night.

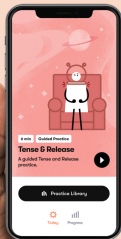


Scan here or visit:
trydaylight.com/nhs



Manage your anxiety and worry in three easy steps:

- 1 Create your free account at trydaylight.com/nhs
- 2 Download the Daylight mobile app, available for Android and iOS devices, and log into your account
- 3 Answer a few short questions to let us know more about you, and we'll build you a tailored programme to help you manage your anxiety and worry!



Tell us about your anxiety

Answer a few questions about your symptoms and tell us how you'd like to improve.



Learn science-based techniques

Build a toolkit of cognitive behavioural therapy (CBT) techniques backed by clinical evidence.



Practice in your daily life

With guided practice sessions, learn to apply Daylight techniques in a variety of real life situations.



Get tailored feedback

Receive weekly check-ins and technique tips to help you manage your anxiety and reach your goals.

Members who use Daylight frequently (approximately daily) can start to notice benefits in as little as 3-4 weeks. Using the app frequently for up to 6 weeks can lead to even better results.