

# Updating your website

Update your website messaging with one of the options below to help you share Daylight with your network.

## Option One

Daylight is a free, NHS-recommended treatment for worry and anxiety. Start today at [trydaylight.com/nhs](https://trydaylight.com/nhs)

## Option Two

- Daylight is a free, NHS-recommended digital treatment for worry and anxiety
- Daylight delivers cognitive behavioural therapy anytime, anywhere via your smartphone
- You can start today at [trydaylight.com/nhs](https://trydaylight.com/nhs)

## Option Three

- The NHS recommends that people with worry and anxiety are offered cognitive behavioural therapy (CBT)
- Daylight is the NHS-recommended digital treatment for worry and anxiety, which delivers CBT with simple techniques that can be practiced in day-to-day life
- It's fully funded by the NHS, so entirely free for you as a patient
- You can start Daylight today at [trydaylight.com/nhs](https://trydaylight.com/nhs)