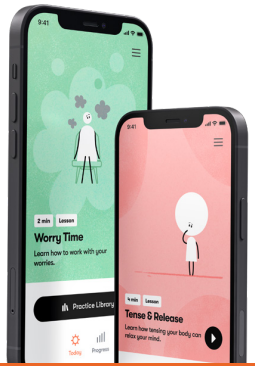
daylight

It's waiting for you

A life with less anxiety is just around the corner.

Daylight users report feeling less anxiety and tension.[1]

Daylight, the digital treatment for worry and anxiety, is:



- No cost to you
- Backed by research[1]
- Available now

Get started with Daylight:

Step 1: Create your account at www.trydaylight.com/nhs (NHS funded)

Step 2: Download the Daylight App

Step 3: Sign in and learn how to manage anxiety long term

www.trydaylight.com/nhs

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1. Carl, J., et al. (2020). *Depression & Anxiety.*