

What is Daylight?

Daylight is a digital programme that helps you understand where anxiety comes from, what makes it worse, and how to reduce it for good. In just 10 minutes per day, Daylight teaches you effective techniques to help take back control from feelings of worry and anxiety — all from the privacy of your own phone, at no cost. Tens of thousands of people have used Daylight in the UK.

HOW TO SIGN UP

- 1 Take the What's Your Anxiety Type? quiz at www.trydaylight.com/nhs
- 2 Download the Daylight app via the App Store or Google Play Store
- 3 Sign in on the app and get instant access to digital therapy for worry and anxiety

Hear from a Daylight user



“I have found it really helpful to challenge my thoughts and reduce my anxiety. It is a tool that I can turn to when I am feeling particularly stressed but I also know it helps keep any stress and anxiety at lower levels if I use it regularly.”

Get started now at

trydaylight.com/nhs

