

daylight

Manage worry and anxiety during back-to-school season with Daylight

Daylight is a digital program for worry and anxiety, available to you at no cost.

trydaylight.com/nhs



Back-to-school season can be a complicated time. Kids are often excited and nervous about going back – not to mention a little sad that summer is over. A parent's job is to help their kids adjust. Oh, and it's also to plan routes to school, buy supplies, and reorganise the family schedule.

Worry and anxiety are common during this time

Parents are grappling with yet another set of changes to routines, schedules, and emotions, without much time to care for themselves. Even the most on-top-of-it parents can find themselves struggling with worry and anxiety.

Daylight can help, and it's available at no cost

Daylight is a science-backed, clinically proven app built by leading mental health experts that can help you gain control over your worry and anxiety. In a recent clinical trial, not only did Daylight help **71%** of participants reduce worry and anxiety, but **57%** also reported improvements in mood, and **47%** experienced improved sleep.

Try Daylight and start feeling better today

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Disclaimer: Daylight may not be suitable for everyone, please review the associated safety information by going to the Suitability Page (www.trydaylight.com/suitable) for more details prior to starting the program.