

# What is Daylight?

Daylight provides patients with instant access to clinically-evidenced digital CBT for anxiety & worry

Created by Prof. Colin Espie, based on his 30+ year clinical and research career, alongside leading researchers from King's College London & UCL

CE-marked and first RCT trials showed Daylight to help 71% of people living with high levels of anxiety to achieve healthy levels of anxiety

Teaches proven CBT techniques through bitesize learning that can be used to help control anxiety in the moment, and as an effective long term solution for anxiety

Trusted by the NHS and used by over 10,000 people in the UK

## How to Determine if Someone Would Benefit from Daylight

Daylight is suitable for most people who are experiencing mild to moderate problems with anxiety and worry

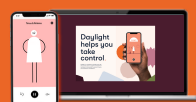
However, it's important that patients show evidence of:



Engagement



Conversational  
English



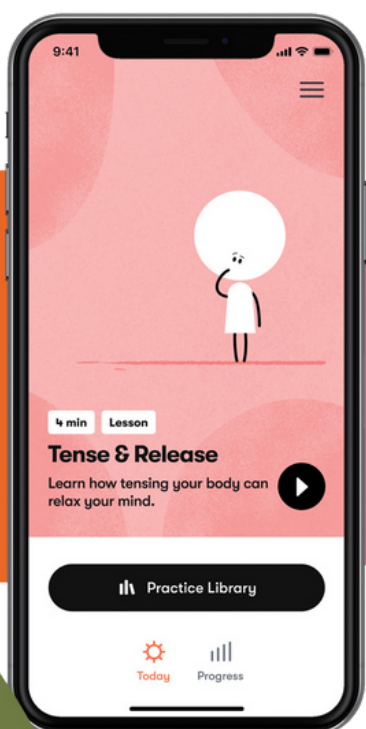
Computer /  
Online Access



Age 18+

## Explaining 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 REFER

Please go to [trydaylight.com/nhs](https://trydaylight.com/nhs) to get started. The following instructions will help you sign up and begin your journey to worrying less:

1

From a desktop, laptop or tablet, visit [trydaylight.com/nhs](https://trydaylight.com/nhs) to take a short quiz and create your free account

2

Download the 'Daylight 2.0 – Worry Less' mobile app from the Apple App Store or Google Play Store

3

Use the Daylight app to tailor your programme and unlock personalised CBT exercises for worry and anxiety

## EASY-ACCESS QR CODE

Get started now at

[trydaylight.com/macmillan](https://trydaylight.com/macmillan)

or scan the QR code:

