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For 7-12 year olds
(School Years 3-7)



An effective & fun therapeutic mobile intervention improving pupil anxiety

- ★ Instant access through a mobile app
- ★ Based on highly effective Cognitive Behavioural Therapy
- ★ Helps breakdown fears and worries into manageable steps
- ★ Development funded by the NHS



Medicines &
Healthcare products
Regulatory Agency



Helps pupils learn life-long
skills to self-manage worries
and build resilience



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