



Digital Therapeutic Intervention for children with anxiety

- ★ Instant access to highly effective therapy (CBT-based)
- ★ Facilitates exposure therapy (highly effective for common mental health conditions inc. social, separation anxiety, phobias)
- ★ Development funded by NHS England
- ★ CE marked medical device (MHRA)
- ★ Works on most smartphones and tablets (iOS and Android)

Targeted at:	7 - 12 year olds
Having difficulties with:	Fears, worries, anxiety, stress
Physiological symptoms which could be related to the above may include:	Headaches, abdominal pain, sleep disturbance, food and eating related issues
When a Child: (any of the following apply)	<ul style="list-style-type: none">● Does not meet clinical threshold for CAMHS● Referred to CAMHS but awaiting assessment or treatment● Not engaging with other mental health services● Discharged from CAMHS within the last year
Not suitable for:	<ul style="list-style-type: none">● Children & young people in crisis● Disabilities preventing them from using a mobile device
Recommended usage:	~30 mins 2-3 times a week for 8-12 weeks
For any technical queries please contact :	support@bfb-labs.com

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