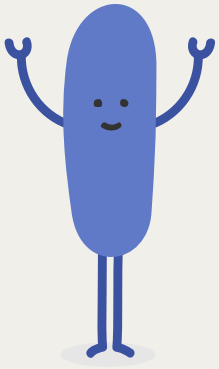
## Privacy



**The good news:** We want you to have as small a digital footprint as possible so we don't collect any personal data and can't identify you. The only data we have is the optional information you give us when you register which is really helpful for us in terms of knowing what sort of ages the users of our app are, which locations it's used in, and which tasks are the most useful. Again, these are not identifiable in any way at all and we use these to make the app better.

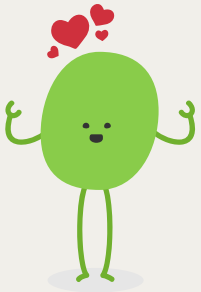
**The bad news:** Because we don't collect any identifiable data we can't help you if you lose your passcode and security answer. You will have to re-install the app. Sorry – but we thought your privacy was the most important thing.

## Awards

RSPH ROYAL SOCIETY FOR PUBLIC HEALTH HEALTH & WELLBEING AWARDS 2019 PUBLIC MENTAL HEALTH & WELLBEING FINALIST

AXA HEALTH TECH YOU 2019 Finalist

## Reviews



"Full of things that help anxiety and panic attacks. A great tool to have in your phone to support in times of need and to record how you are doing and feeling. Helps out in so many ways!"

"I downloaded Clear Fear last night & was amazed. Not just the strategies for managing anxiety but also the info & logging mood. So accessible for young people, definitely included in our support toolbag."

Pastoral Support,
St. Edmund's Girls' School

@clearfearapp

www.clearfear.co.uk

CLEAR FEAR

stem4
supporting teenage mental health

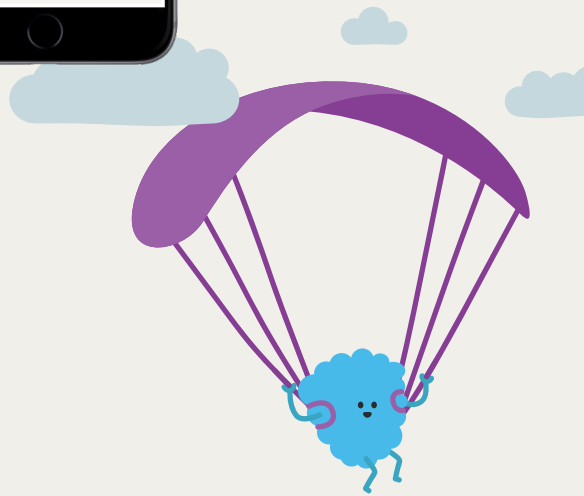
Wimbledon Business Centre, Old Town Hall,
4 Queens Road, London SW19 8YB
Registered Charity Number 1144506

# Want to overcome anxiety?

Download the free Clear Fear app

Download on the App Store

GET IT ON Google Play

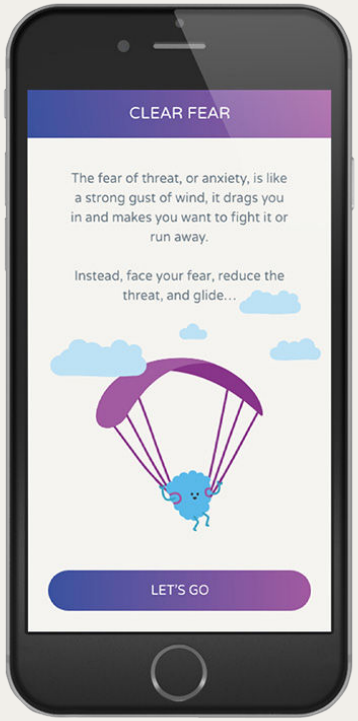


# About Clear Fear

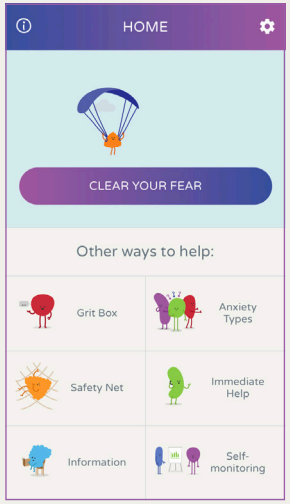
The fear of threat, or anxiety, is like a strong gust of wind. It drags you in and makes you want to fight it or run away.

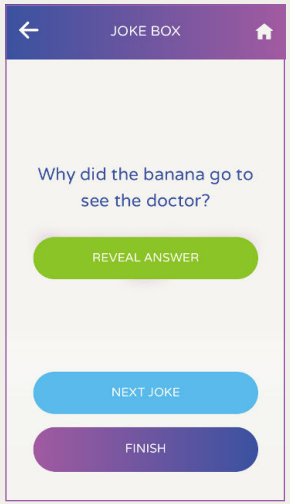
Instead, face your fear with the free Clear Fear app and learn to reduce the physical responses to threat as well as changing thoughts and behaviours and releasing emotions.

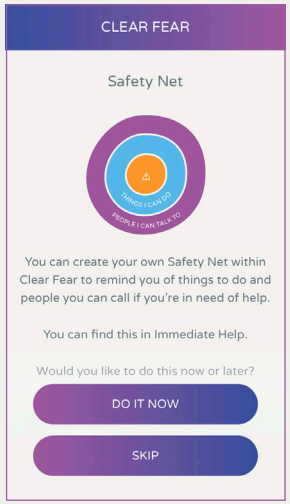
**When you face your fear, you will reduce the threat and glide.**




# Screenshots






# About Anxiety

Anxiety is a natural response to fear, threat and apprehension. However, when anxiety is extreme or goes on for a long time, or the response to a threat is disproportionately large and affects a person negatively, it may become an anxiety disorder.

Anxiety disorders are the most common form of emotional disorder and respond very well to a form of treatment called Cognitive Behavioural Therapy or CBT.

Clear Fear is an app developed for teenage mental health charity stem4 by Dr Nihara Krause, Consultant Clinical Psychologist, and uses the evidence-based treatment CBT to focus on learning to reduce the physical responses to threat by learning to breathe, relax and be mindful as well as changing thoughts and behaviours and releasing emotions.

You can personalise the app if you so wish and you will be able to track your progress and notice change.

Please note the app is an aid in treatment but does not replace it.