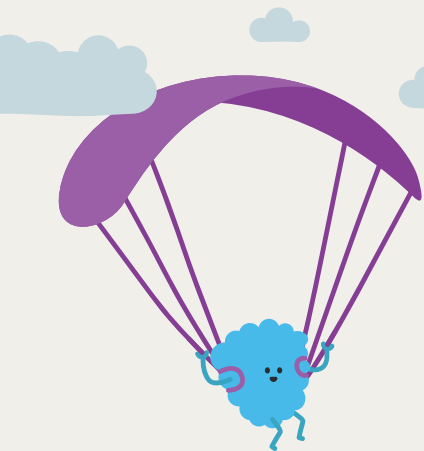




CLEAR FEAR

# FACE YOUR FEAR

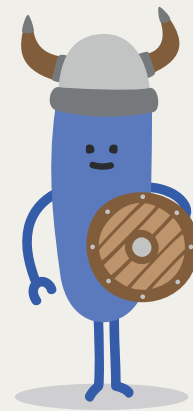
When you face your fear, you will reduce the threat and glide



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.



The stem4 Clear Fear app is available as a free download from App Store and Google Play.

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

[www.clearfear.co.uk](http://www.clearfear.co.uk) @clearfearapp #clearfear #facefearglide

Developed by stem4 - registered Charity No. 1144506

stem4  
supporting teenage mental health

