

# Want to overcome anxiety?



CLEAR FEAR

# FACE YOUR FEAR

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



The stem4 Clear Fear app is available  
as a free download

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

Developed by stem4  
Registered Charity No. 1144506

stem4  
supporting teenage mental health

