

Privacy

The good news

- It's private!
We don't collect any identifiable data.
- It's password protected.
- It doesn't need data to use.
- It's built to trusted standards.
- It's self-guided, so you can use it anytime you need.



Managing your data

Since we don't collect identifiable data, if you change your device or forget your password, we can't help you restore this. You will have to reinstall the app, so please keep screenshots of any content you may want to keep.

Eating disorders can have serious physical effects. Please do see a doctor if you notice anything of concern.

Please note that while the Worth Warrior is an aid in treatment, it does not replace it.

Contacts (UK)

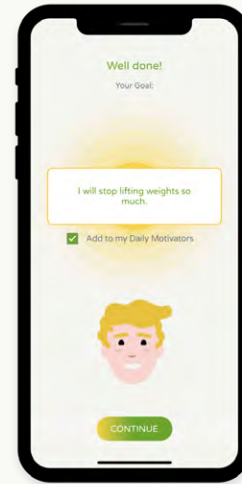
In an emergency: **111** and **999**

Other lines: Childline: **0800 1111**

Text 'Shout' to **85258**

How Worth Warrior works

Worth Warrior uses a framework to a treatment approach that has been well researched called 'Cognitive Behavioural Therapy for Eating Disorders' (CBT-E). It is clinician led but developed in collaboration with young people, so all the ideas, images, and language are shaped together.



For more information, you can find user, parent/carer, and clinician guides here: worthwarrior.co.uk/guides/



@worthwarriorapp

www.worthwarrior.co.uk

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supporting teenage mental health

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Registered Charity No 1144506
Company Registration No 07779151

Want to manage low self-worth and body dissatisfaction leading to eating difficulties?



Download the free Worth Warrior app

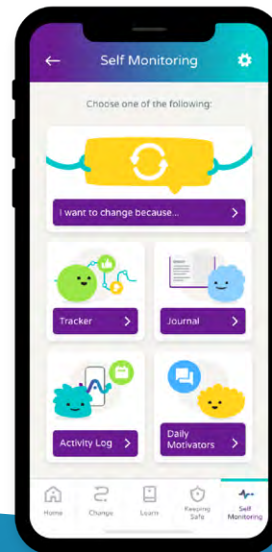
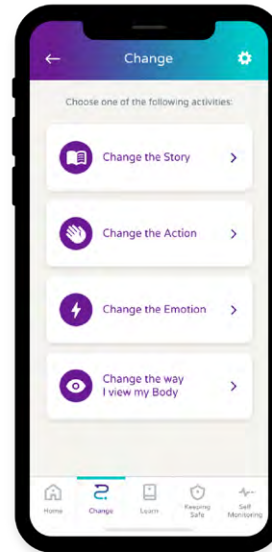
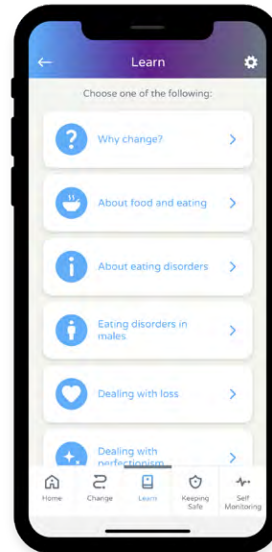
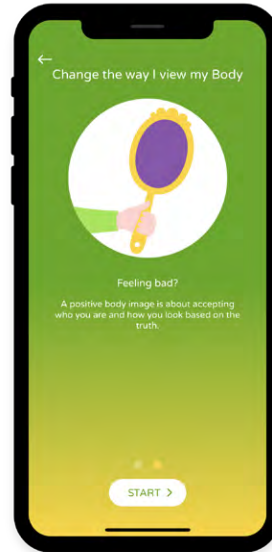
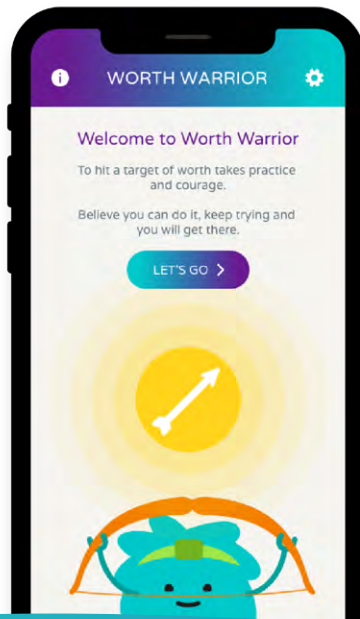


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About Worth Warrior

Worth Warrior is a free app created for young people to manage negative body image, low self-worth, and related early-stage eating difficulties or disorders. It provides a range of helpful activities and information, based on the notion that eating and body-related issues can be helped through learning to challenge and change thoughts, emotions, behaviours and body image issues underlying low self-worth.

It is a helpful self-management tool where you can learn to change these negative thoughts and worries, set goals, learn to self-reassure, manage difficult feelings, and monitor progress whilst working on keeping things in check.



Why improve low self-worth?

We all have times when we don't feel good about ourselves or wish we had a bit more confidence. However, when our self-worth remains low for a while, it can start to make us feel unhappy about ourselves, lose further confidence, and carry out behaviours that might start as self-improvement, but then become unhelpful as they don't change how we feel. Low self-worth tends to also affect social relationships and get in the way of our day to day lives.

Boosting self-worth helps us to feel better about ourselves and leads to celebrating who we are. But we need to practise building confidence by changing our worries and negative thoughts and generating positive behaviours.

Try Worth Warrior

The archery analogy of the Worth Warrior app is: 'To hit a target of worth takes practice and courage. Believe you can do it, keep trying and you will get there.'

