

Dear Families,

We'd like to share a fun, interactive way to support your child's mental health, wellbeing, and self-esteem. Lumi Nova is a free, digital therapeutic tool designed to help children build confidence and emotional resilience, with no waiting times to get started.

<https://luminova.app/>

Lumi Nova is best suited for young people aged 7-12 years old experiencing mild to moderate anxiety, such as:

- **Phobias**
e.g. being afraid of spiders or insects, heights, being near dogs or the dark
- **Social anxiety**
e.g. feeling worried about making new friends, transitioning to secondary school, going to social events such as extracurricular clubs and sleepovers
- **Separation anxiety**
e.g. unable to sleep alone, worried about being away from parent/carer and worries about going to school

Please note that Lumi Nova is not suitable for young people who are experiencing severe anxiety, are in crisis, have suicidal thoughts, or are at risk of self-harming.

How does it work?

Lumi Nova includes two of the most effective parts of Cognitive Behavioural Therapy (CBT) that are proven to treat fears, worries and anxiety.

These two parts are psychoeducation- learning about worry, and exposure therapy- facing your fears.

Like to learn more?

If parents would like to learn more about Lumi Nova and meet the Lumi Nova team and how the tool can support your child, there are free online webinar sessions on Thursday 8th January at 9:30am and Thursday 5th February 13:00.

<https://luminova.app/for-parents/how-it-works>

Get started today

Get started today by following the step-by-step guide attached. When signing up, please make sure you enter your child's school name. This helps us understand how

Lumi Nova is being used across local schools and allows us to continue offering the programme free of charge to families and schools in your area.