

Does your child struggle with worries or anxiety?

Help your child build confidence with a new digital therapy game




Free
for families in Gloucestershire

- ✓ For 7-12 year olds
- ✓ NICE recommended
- ✓ Free instant access

To learn more visit:
luminova.app/glos



In partnership with



Google play Download on the App Store



Lumi Nova: Tales of Courage

Instructions for Use

Lumi Nova: Tales of Courage is a digital therapeutic that helps with the symptoms of worries or anxiety for children aged 7-12 years with mild to moderate needs, helping them learn skills to self-manage their worries/anxiety in an engaging intergalactic adventure game (app).

This app facilitates CBT (including psychoeducation and exposure therapy) recommended as a treatment intervention by NICE Anxiety disorders Quality standard and the Royal Australian and New Zealand College of Psychiatrists clinical practice guidelines for the treatment of anxiety disorders.

The Lumi Nova app is currently free for all children in Gloucestershire. Parents can self sign up by scanning the QR code or visiting luminova.app/glos

For more information visit - [Lumi Nova : Gloucestershire Healthy Living and Learning \(ghll.org.uk\)](https://luminova.app/glos)



Talking about
worries

BfB labs have produced a 'Talking about worries' lesson and written guidance on running a Lumi Nova club in school.

What's worrying young people in Gloucestershire?

There have been 1326 families sign up to Lumi Nova since launch last October.

There are 15 goals for families to choose from, relating to social anxiety, separation anxiety and phobias. Families select a goal from the list for their young person to focus on.

The most common goals have been overwhelmingly related to school:

Goal	Number of times selected as 1st Goal
Be ok with making a mistake on school work	301
Be able to sleep on their own	93
Feel comfortable going to school	85



Gloucestershire
Healthy
Living and Learning



Lumi Nova can support your school's whole school approach to wellbeing!

You're invited to join us virtually on

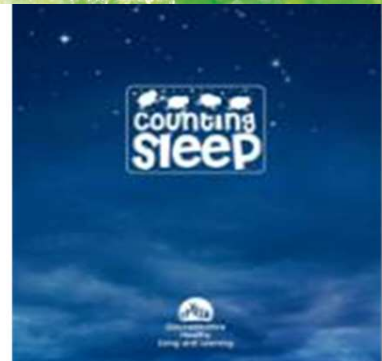
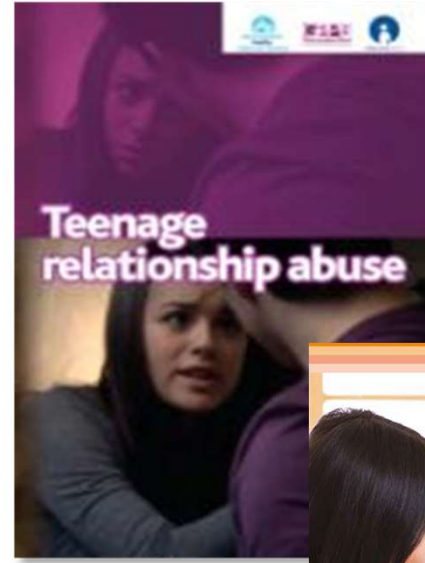
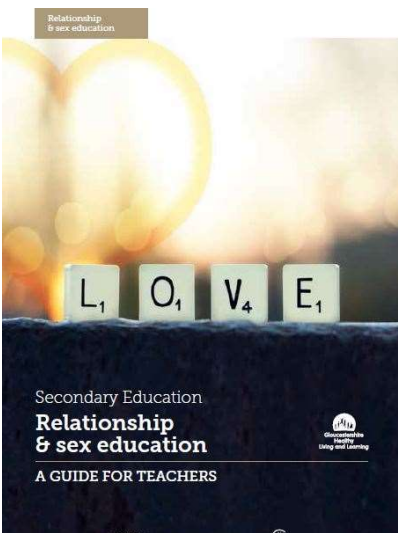
Wednesday 6th November at 3.30pm - 4.30pm to learn more!

[Sign Up Now](#)

The session will include:

- An overview of the innovative Lumi Nova offer
- Insight into how Lumi Nova can support your Whole School Approach to Wellbeing
- Live examples of how Lumi Nova is being embedded in schools across the county including, **Lumi Nova Clubs, Workshops, and strategies for parental engagement**
- An opportunity to provide feedback and ask questions

Watch this short animated video to learn more: [Lumi Nova Introduction Video](#)



**A Breath of Fresh Air
Toxic Tobacco Truths**

