LUMI NOVA™
TALES OF COURAGE

Digital therapy enabling children to self manage their fears and worries

Recommended by NICE

What is Lumi Nova?

Everybody worries sometimes, but sometimes worries stay and can have a big impact on your child's life.

Lumi Nova can support your child by helping them set goals and challenges to overcome their worries, one step at a time.

- ★ **NICE recommended digital therapy** through a fun mobile game (smartphone/tablet)
- ★ For **7-12 year olds**
- ★ Supports **mild to moderate fears, worries & anxiety***
- ★ **Based on Cognitive Behavioural Therapy (CBT)** and provides Psychoeducation and **Exposure Therapy** - The gold standard of care for treating anxiety
- ★ Safe, effective & easy to use

Using Lumi Nova can help your child:

- ✓ Learn **life long skills** on how to self manage their worries
- ✓ Learn how to **breakdown fears and worries into manageable steps**
- ✓ **Build confidence and resilience** by completing small challenges in the game and in real life
- ✓ **Understand what worry and anxiety is** so they can learn to cope
- ✓ Talk about their own worries in a way that is **non-stigmatising**

*Lumi Nova is for children aged 7-12 experiencing mild to moderate anxiety. It is not recommended for use by children with severe anxiety, in crisis, experiencing suicidal thoughts, or at risk of self-harm without the support of a mental health professional.

See instructions for use: bit.ly/luminova-ifu

Shortlist 3 worries for your child to tackle!

To help build confidence, you'll need to shortlist 3 worries that are relevant to your child, practical to do and easy.

Your child will then be able to choose the worry they would like to work on!

The game will break their chosen worry down into smaller challenges to help them face their worries and learn that they can cope.

The first few challenges happen in the game (imagine, draw, photos, and videos) and then progress to real life challenges that will need your support.

luminova.app/choosinggoals

1. Be comfortable staying at home without my parent or guardian
2. Be ok making a mistake on school work or a test
3. Be able to sleep away from home overnight
4. Be comfortable speaking in front of a group
5. Be able to sleep on my own
6. Feel comfortable visiting a crowded or busy place
7. Be able to spend time in the dark
8. Be able to spend time near a dog
9. Be able to spend time near insects or spiders
10. Try to make a new friend
11. Feel comfortable going to a party or social gathering
12. Feel comfortable going to school
13. Be able to spend time in a high up place
14. Be able to eat or drink in front of other people
15. Be okay seeing vomit or thinking about vomit

How to get started with Lumi Nova and your role as a parent:

Step 1: Register to get your game key

1. For free access, scan the QR code or visit **luminova.app/get-access**
2. Select the area you live in and click "Get access" to validate your postcode to complete the registration form & short survey.
3. You'll receive a text message with a link to download Lumi Nova and your game key. Please keep this safe and secret - you'll need it later for the 'real life' action challenges.

Step 2: Set up the app

1. Download the 'Lumi Nova' app on a mobile or tablet device your child has regular access to and activate it with your game key.
2. Set up the app by shortlisting 3 goals for your child to choose from.

Step 3: Your role as a parent:

1. Set a regular time in a quiet place for you and your child to use Lumi Nova together.
2. Support your child to complete real life challenges (unlock and approve with your game key)
3. Complete weekly surveys sent to your phone via text message

Recommended usage: 15- 30 mins, 2-3 times per week to use Lumi Nova with your child.

Need support using the app? Email us at: **support@bfb-labs.com**