



Supporting Your Child's Wellbeing and Mental Health - Clear Fear App Partners with Becky High

Dear Parents/Carers,

We're excited to share that Becky High has partnered with stem4 to roll out the award-winning Clear Fear app. Clear Fear is designed to give students the tools they need to self-manage anxiety symptoms as they arise, enhancing wellbeing and building emotional resilience independently.

stem4 is the UK's leading digital mental health charity for children and young people, who's clinically validated mental health apps have been downloaded over 5 million times worldwide and are used by over 17,500 children and young people every week.

Why Clear Fear?

- **Evidence-Based Tools:** Clear Fear helps students manage stress and anxiety through Cognitive Behavioural Therapy (CBT) techniques, building resilience and confidence along the way.
- **Private and Safe:** Students can use the app independently, with complete privacy. Any data shared with the school is fully anonymous and used to analyse overall mental health trends, not to identify individuals. This allows us to better support your child or young person by understanding what's working and what we could do better at a whole-school level.
- **Proactive Mental Health Support:** By providing round-the-clock access, Clear Fear helps students manage symptoms of stress and anxiety when they need it most: at home, at school, or on the go.
- **Student Empowerment:** Clear Fear helps students to build resilience and manage symptoms of stress and anxiety independently.
- **Parent and Carer Empowerment:** Clear Fear provides strategies and techniques to help build and develop a support plan for effective care together.

How Can You Support Your Child?

1. Once downloaded via the school's unique URL or QR code, encourage them to explore its features, which include mood tracking, breathing exercises, and strategies to cope with stressful situations. Learn these strategies yourself to offer additional support.
2. Offer to help populate the app's Safety Net feature or ask them to share their Safety Plan so you know how best to support them when needed.
3. Use this as an opportunity to discuss mental health as an essential part of their overall well-being.

We will be launching this to students during the week beginning 16th March. This roll-out reflects Becky High's dedication to ensuring that every student has access to practical wellbeing and mental health resources.

If you have any questions or would like to learn more, please do not hesitate to contact Mrs Ball our Student Welfare Mentor via Ball-E@beaconsfieldhigh.school.

Yours faithfully,

Mr T Griffiths

Senior Deputy Headteacher