Benefits of online CBT:
- Available 24/7
- Easy to use
- Interactive
- Self-monitoring
- Confidential

What is FearFighter?
FearFighter™ is an evidence-based online Cognitive Behavioural Therapy (CBT) program designed to treat panic and phobia. The National Institute for Health and Clinical Excellence (NICE) has recommended it as a first-line treatment that works. FearFighter has been shown to reduce anxiety by 63% and is as effective as face-to-face therapy.

How do you get the most out of FearFighter?
It is essential to log in on a regular basis (at least once a week) to learn and practice the CBT techniques in each module. Research has shown that using these CBT strategies in everyday life is crucial to helping you overcome your problem. Those who put the most into the program, get the most out of it.

Mary suffered from phobia of public transportation

I’ve travelled on the underground train without a twinge of anxiety... FearFighter has surpassed all my expectations.

Simple and Easy to Use
- Good Internet Connection
- Google Chrome, Firefox*, Safari or IE8
- Compatible with Windows PC and Mac

*Requires Windows Media Player

FearFighter is linked to a mobile App to reinforce what you learn in the program.
How does FearFighter Work?

The FearFighter program teaches us the relationship between thoughts, feelings, physical sensations and our behaviours that can inadvertently cause anxiety to persist.

- Spot early signs of anxiety
- Learn new techniques to manage anxiety
- Challenge negative thoughts
- Employ exposure therapy to overcome your fears

There are nine modules that last between thirty and forty-five minutes and are completed on a weekly basis.

What anxiety problems can be helped by FearFighter?

- Panic attacks: An intense fear or terror that a person experiences that can happen suddenly with little or no warning. A person fears something terrible could happen, such as losing control or having a heart attack.

- Phobias: These are characterised by an intense fear that leads to anxiety. Phobias can be categorised into three main groups:
  - Specific Phobias: fear of specific objects or situations such as animals, driving or flying.
  - Social Phobia: fear of social situations in which individuals feel like they make fools of themselves, embarrass themselves, are recipients of criticism or are rejected by people.
  - Agoraphobia: fear related to space and safety. This may be fear of open spaces, such as parks or shopping centres, or fear of enclosed spaces, such as tunnels or walkways.