

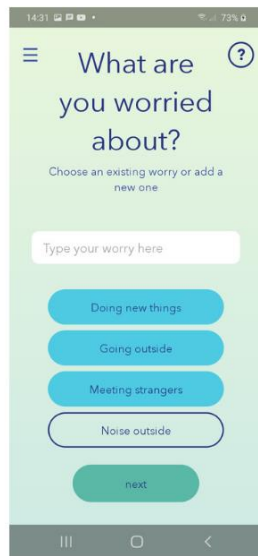
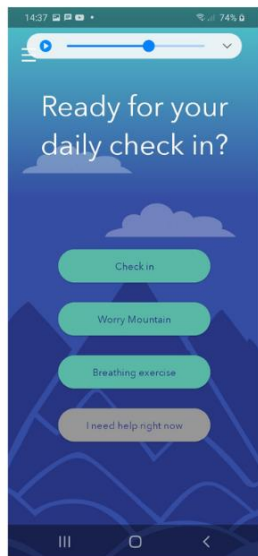


## **New, improved anxiety app launched!**

*Molehill Mountain* is the first evidence-led smartphone app aiming to help autistic adults understand and self-manage their anxiety. The app has been developed by Autistica and researchers at King's College London with input from autistic people and funding from Maudsley Charity and The Worshipful Company of Information Technologists.

A test version of *Molehill Mountain* was launched in 2018, and the full app launched this week builds on user feedback from the first release. *Molehill Mountain* is now a full three month-long anxiety course and includes interactive features such as breathing exercises and mindful activities.

**Download *Molehill Mountain* now on the [Google or Apple app store](#).**



**Learn more and download**  
*Molehill Mountain*

We'll be in touch throughout the rest of World Autism Awareness Month to share more projects and resources highlighting our important work around anxiety. Do visit our [anxiety hub](#) for more information and upcoming events.