

Anxiety is a common feeling. However, 8-10% of children and adolescents experience an anxiety condition that can impact on their daily life.



# The **BRAVE** PROGRAM.

**BRAVE Self-Help** is an online program for the prevention, early intervention and treatment of anxiety in young people and children.

The program was developed at the University of Queensland by experts in anxiety in young people and children, and has now been running for 13 years throughout Australia.

The program is fun, interactive, based on cognitive-behavioural principles and has been found to be effective in reducing social anxiety, shyness, separation anxiety, phobias and general worries in hundreds of children and adolescents.

In 2014, for the first time, **BRAVE Self-Help** will be available to all young people and children living in Australia between 8 and 17 years and their parents.



beyondblue

Depression. Anxiety.

**BRAVE Self-Help** is made possible through a partnership between UniQuest, The Brave Team and *beyondblue*.



For more information, or to access the program, please visit [www.brave4you.psy.uq.edu.au](http://www.brave4you.psy.uq.edu.au)

You can also find us on Facebook at [www.facebook.com/braveforanxiety](http://www.facebook.com/braveforanxiety)

