

The BRAVE PROGRAM.

BRAVE Self-Help is an online program for the prevention, early intervention, and treatment of youth anxiety. It was developed at The University of Queensland by experts in youth anxiety and has now been running for over 14 years throughout Australia. The program is fun, interactive, based on cognitive-behavioural principles and has been found to be effective in reducing anxiety in children and adolescents. It has helped hundreds of children experiencing social anxiety, shyness, separation anxiety, phobias and general worries. **BRAVE Self-Help is now available to use at home for free** due to the support of *beyondblue*. Any young people who would like help with anxiety can access the self-help program via <https://brave4you.psy.uq.edu.au/> The program can be accessed through any computer or tablet device, at any time and includes up to 10 sessions for youth. Parents can also take part in a separate parent program to learn ways of helping their child or teenagers manage anxiety. Teachers, young people and parents can also find out more about the program or take a trial or any of the programs through the BRAVE website.

