

# 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.





## FREE ONLINE SELF-HELP PROGRAM AVAILABLE FOR YOUNG PEOPLE WITH ANXIETY!

Anxiety is an extremely common problem that affects people of all ages. Although anxiety is completely normal at times, it becomes a problem when it starts to interfere with a young person's happiness, stops them from doing things, or interferes with social, emotional and behavioural development.

The BRAVE Program is an online program for the prevention and treatment of anxiety in young people and was developed by a team of researchers from the University of Queensland, Griffith University and The University of Southern Queensland. The BRAVE Program is based on cognitive-behavioural therapy and has been running for over 14 years in Australia.

**The BRAVE team have now teamed up with *beyondblue* to offer BRAVE as a self-directed therapy program (BRAVE Self-Help), which has been available to all Australian young people and parents since 2014.**

There are several different types of anxiety, all of which have distinct signs in young people. For example, some young people with anxiety may worry about meeting new people, being away from home, performing in front of others or even about current global events. Other children and teenagers worry about very specific situations (such as schoolwork, getting injections or flying on planes) and others just seem to be worrying about something all the time. BRAVE Self-Help is suitable for children and teenagers with any of these types of anxiety or worries.

BRAVE is an innovative program that allows young people, and parents of young people, to be proactive and seek assistance through the comfort of their own home.

**All you need is access to a computer and the internet.** The results of previous trials show that many people completing the online program show significant improvements in their anxiety and are able to overcome many of their worries.

For children and teenagers, the program includes up to 10, online sessions (that take between 30-60 minutes to complete), and 2 additional booster sessions which individuals can access if they need a refresher.



Parents can complete the program together with, or independently of, their child and this program includes up to 6 sessions plus 2 booster sessions if needed. Not everyone will need to do all sessions and participants can come back at any time for refreshers. The program is fun, interactive and can be completed at your own pace.



**If you would like to access this innovative program, you can do so by visiting [www.brave4you.psy.uq.edu.au](http://www.brave4you.psy.uq.edu.au) or registering through the *beyondblue* website [www.beyondblue.com.au](http://www.beyondblue.com.au)**

**For more information please visit our Facebook page (<https://www.facebook.com/braveforanxiety>).**

