

The **BRAVE** Program.

for children



for the management of
anxiety in children and
young people

for teens



beyondblue

Depression. Anxiety.

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

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.



For more information, or to access the program, please visit www.brave4you.psy.uq.edu.au
You can also find us on Facebook at www.facebook.com/braveforanxiety