The BRAVE Program.

for the management of anxiety in children and young people

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.