



Respect ~ Excellence ~ Acceptance ~ Co-operation ~ Honesty

The Brave Program

BRAVE is an interactive online program for the prevention and treatment of childhood and adolescent anxiety. It is supported by the Queensland University and Beyondblue. The programs are free and provide ways for children and teenagers to better cope with their worries

The BRAVE program is an online self-help course that allows young people aged between eight and 17 and their parents to seek support for anxiety in the comfort of their own homes.

The program, which uses Cognitive Behaviour Therapy (CBT) techniques, includes up to 10 sessions for children or young people. Parents can also take part in a separate program to learn ways to help their children manage anxiety and participants can come back at any time for refreshers.

Parents can complete the program together with, or independently of, their child and not everyone will need to do all sessions. The program is fun, interactive and can be completed at your own pace. I highly recommend this for anyone who is interested in. The Brave Program can be found at the internet address below.

<https://brave4you.psy.uq.edu.au/>

Regards

Todd Manton

Mount Barker South School Counsellor

