

Online Anxiety Treatment Programs at OAC

Are your fears and worries stopping you from:

- Doing what you want to do?
- Disrupting your sleeping/eating patterns?
- Making or keeping friends?
- Doing work (school or paid work)?

If you answered yes to any of the above, you might benefit from an anxiety treatment program. OAC are offering students a chance to opt in to an online treatment program tailored to suit their needs.

These programs aim to teach young people and their parent/carers how to better manage anxiety, by teaching clear and practical skills.

Topics covered by the program include:

- How unhelpful thoughts make us anxious
- Thought challenging and thinking realistically
- Assertiveness and problem-solving
- Fighting fear by gradually facing fear

Courses are supported/facilitated by an accredited psychologist, and will include an initial assessment to look at what course you need.



Who:

13-18 year olds and their parents/carers

When:

Commences term 2, 2019,
weekly online sessions
(various times)

More info or to register:

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Registration is subject to suitability