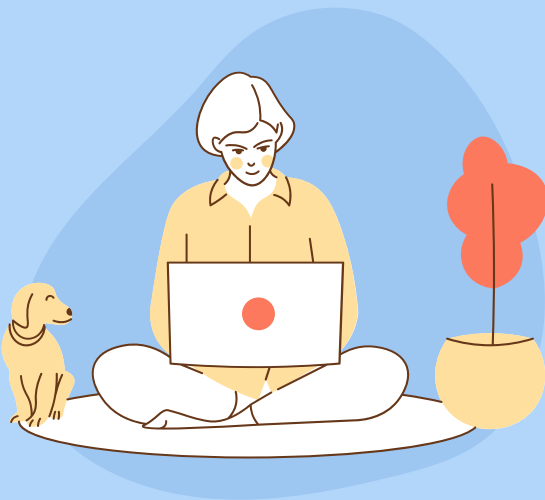**What is Social Anxiety?**

People with social anxiety worry excessively about other people judging them, to the extent that it impacts their self-esteem, relationships, and quality of life. People with social anxiety often avoid social situations and, as a result, can miss out on important experiences. Luckily, most people who seek treatment get better.

An Online Treatment for

Social Anxiety

Social anxiety can be effectively treated with internet-delivered Cognitive Behaviour Therapy (iCBT). Just like face-to-face therapy, iCBT can teach you strategies for managing the difficult thoughts, feelings, and behaviours that come with anxiety. iCBT is accessible from most devices, meaning you can access treatment at a time and place that suits you.

What does the program involve?

The Social Anxiety Program by THIS WAY UP is an evidence-based iCBT program. Across six lessons, this program will teach you:

✓	✓	✓	✓	✓
How social anxiety is maintained	Managing physical anxiety symptoms	How to gain confidence in social situations	Skills for overcoming unhelpful thoughts	Strategies for staying well in the long-term

We're here to support you on your journey to better mental health. Learn more about the online program for Social Anxiety at thiswayup.org.au

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