



## Anxiety Programs for Kids & Teenagers

I found these great Anxiety Programs, take a look and see which one might work for you.

### HELPFUL RESOURCES

	<p>8-12 years - <b>The Kids Brave Program</b> is a fun, online program that will help you learn ways of coping better with your worries. <a href="#">Learn More about the Kids Program</a></p> <p>12-17 years - <b>The Teen Brave Program</b> is an online program that provides teenagers with information and skills to help cope with worries and anxiety. <a href="#">Learn More about the Teen Program</a></p> <p>This program was created by QLD University. I haven't tried it yet, but I am impressed with the website. Bonus is it's free too!</p>
	<p><b>GoZen!</b> Learn how to understand and control your worry through watching animated videos and cartoons. <a href="#">Get More Information and see a Free Video Sample</a></p> <p>I love that kids and parents can watch and work through the videos and resources together – EXCELLENT series created for kids. I loved doing this program with my girls, some really great tips in there for all of us!</p>

*If it all feels too big and overwhelming, **Please reach out for help!***

**Headspace** is **FREE & Confidential** online, phone and face-to-face service for 12-25 year olds.

If you, or someone you know needs help dealing with tough times, you can find help at Headspace <https://headspace.org.au/>



**The Cool Kids program** is a program that teaches kids (including teenagers) and their parents how to better manage anxiety.

[Learn More about the Cool Kids Program](#)

This program was brought to us by our local school, it has some great strategies for helping manage anxiety.

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Headspace provides:

- **Online & Phone Services**
  - Chat online, email, or speak on the phone with a qualified professional. It's **free, confidential and can be anonymous**. Explore eheadspace, Digital Work & Study and Digital Industry Mentor Service.
- **Information & Resources**
  - You can learn about mental health challenges and ways to maintain a healthy headspace.
- **Visit a Headspace Centre**
  - Health professionals in headspace Centres around Australia can help with mental and physical health, alcohol and other drugs, and work and study.  
**Visits are free and confidential.**

*If you or anyone you know is suffering with anxiety, you can also find help at **Beyond Blue** on 1300 22 46 36 or visit the [Beyond Blue Website](#)*