

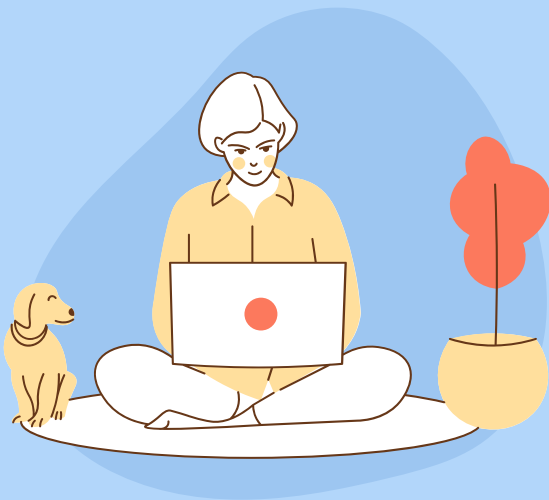
## What is Social Anxiety?

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 course involve?

The Social Anxiety Course by THIS WAY UP is an evidence-based iCBT course. Across six lessons, this course 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 Course for Social Anxiety at [thiswayup.org.au](http://thiswayup.org.au)