



**headspace**  
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**'CHILLED'**  
*Anxiety Group*

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health





## Who can join?

- 'Chilled' is designed for 14-16 year olds dealing with anxiety.
- Parents are also encouraged to come along to weekly sessions.
- There will be activities for both young people and parents to complete in-session and during the week.

## What is involved?

- 'Chilled' is a 6-week, group-based anxiety program designed by researchers at Macquarie University.
- It helps young people manage their anxiety by developing realistic thinking and effective coping skills.
- 'Chilled' gives parents a better understanding of their child's anxiety and strategies for how they can best support them.
- Program topics include:
  - How unhelpful thoughts make us anxious.
  - Thought challenging and realistic thinking.
  - Assertiveness and problem-solving.



## When can you get started?

- The next 'Chilled' group will run from 26th February - 2nd April 2019.
- The group will meet on Tuesdays from 4:00-5:30pm.
- Please contact Headspace Liverpool for more information.

