



IAPT

## Space from **Social Anxiety**



**IN A LIFETIME 2-5 % OF ADULTS  
WILL EXPERIENCE SOCIAL ANXIETY\***

# Effective online solution to address Social Anxiety

### Helping people with **Social Anxiety**

Space from Social Anxiety is part of our unique 8-programme suite built in conjunction with Berkshire Healthcare NHS Foundation Trust. Learn to overcome the persistent fear of social situations and how you

*"It's starting to have a positive impact on my work too, because I have gotten good feedback from new employees on my training workshops. I still get anxious at times but when I do I'm able to stop and take a little perspective on the situation."*

think others may perceive you. Manage uncomfortable feelings such as excessive self-consciousness that can occur.

### **Easy to follow, supportive**

Work independently at your own pace with ongoing guidance and support from your therapist.

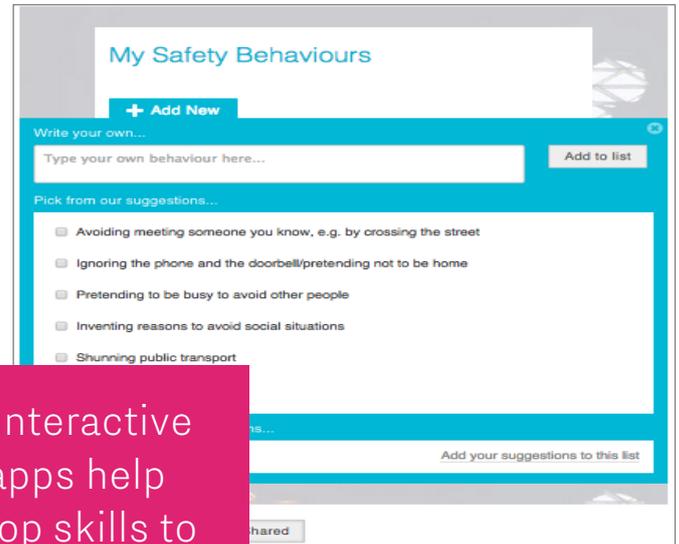
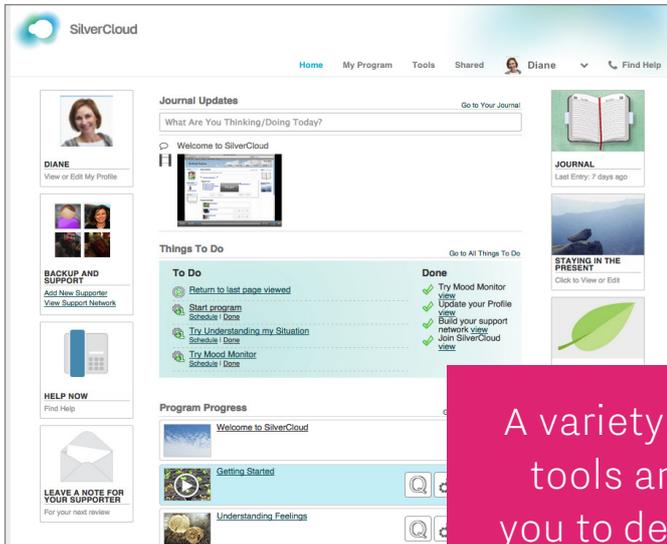
### **Providing the skills to effectively manage social anxiety**

Programme content is based on Cognitive Behavioural Therapy (CBT). Research shows that CBT can help people with social anxiety, and is more effective than medication in the longer term.

\*den Boer JA. Social anxiety disorder/social phobia: epidemiology, diagnosis, neurobiology, and treatment. Compr Psychiatry. 2000 Nov-Dec;41(6):405-15.

Developed in collaboration with Berkshire Healthcare 

NHS Foundation Trust



A variety of interactive tools and apps help you to develop skills to manage your symptoms and build resilience.

### Accessible

Access it 24/7 - on your computer, tablet or mobile phone.

### Flexible, online solution

7 online modules help you to learn techniques and skills to challenge negative, unhelpful thoughts that trigger and fuel social anxiety, replacing them with more balanced views. Learn how to control the physical symptoms of your anxiety through relaxation techniques and breathing exercises.

Your therapist can unlock additional modules to best meet your needs.

### Highly Engaging

The programme is packed with videos, quizzes and practical tools and activities to help you gain control of your anxiety including:

- Exposure diary
- Hierarchy of fears activity
- Relaxation and breathing exercises

### Personalised care path

Social anxiety can co-exist with other difficulties such as depression and low self-esteem. The programme allows your therapist to customise content, and tools, to meet your specific needs.

Learn to face the social situations you fear in a gradual, systematic way rather than avoiding them.

