

# The Stand Up Speak Out (SUSO)

*Does your teen struggle  
with anxiety?*

***The Stand Up Speak Out (SUSO)  
program may help.***

Anxiety for children and adolescents can be expected and normal. However, at times anxiety may become severe, interfering with everyday life.

Designed specifically for teens with anxiety, the program teaches strategies to better manage feelings, thoughts and behaviours in social settings.

The program is group based for 12–17 year olds.

**[griffith.edu.au/healthclinics](http://griffith.edu.au/healthclinics)**





## Program structure

This 10-week program is run by a registered psychologist and co-facilitated by provisionally registered psychologists.

Teens attend 1.5 hour classes, which are held at same time for the duration of the program.

## Cost

A one-off fee of \$250 to register, plus \$21.65 per group session.

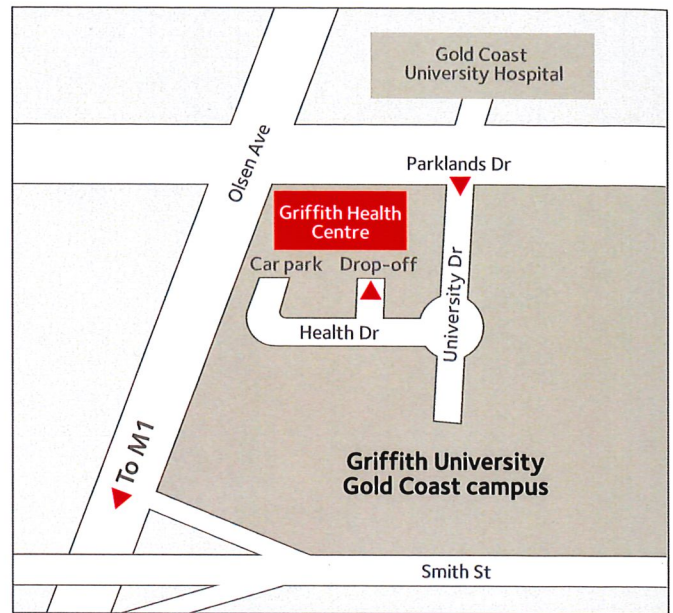
While not required, a referral may allow your child to be eligible for a rebate.

## Contact us

Our friendly, highly-trained staff are available between 8 am – 4 pm Monday to Friday.

For a confidential discussion call **1800 188 295** or email [psychclinic-gc@griffith.edu.au](mailto:psychclinic-gc@griffith.edu.au)

[griffith.edu.au/healthclinics](http://griffith.edu.au/healthclinics)



## Contact us

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