



From the desk of Dr Harry

E-Therapy for Anxiety Disorders

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Do you or any of your family members have an anxiety or panic disorder?

Does your teenager have phobias? How do you handle them, especially if you are looking for a drug free solution, and in addition you are not keen on counselling one on one?

Swinburne University, Melbourne Australia now has a *free* online interactive computer program that may be very effective. Furthermore, if the anxiety is severe, an e-therapist expert can be involved for a small price.

If interested check:

<https://www.anxietyonline.org.au/https://www.anxietyonline.org.au/>

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