

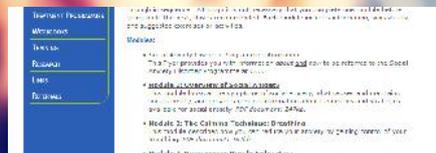
# Social Anxiety

Social anxiety is the fear of being judged and evaluated negatively by other people. It leads to feelings of inadequacy, inferiority, embarrassment, humiliation and depression. As a result of these feelings, individuals with social anxiety start to regularly avoid social situations.

Social Anxiety is highly treatable  
Try one of these sites



This Way Up



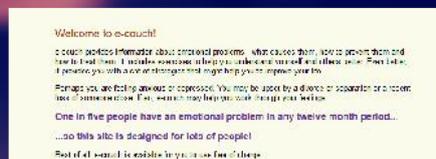
CCI Health



Mindspot



Moodjuice



Ecouch



brave4you



Mental Health Online



Panic Room



eCentre Clinic

This digital referral card was prepared by Dr Gareth Furber - eMental Health Project Officer from Flinders Health, Counselling and Disability Services

