



# Participate Online

An online CBT (Cognitive Behavioural Therapy) programme for **Social Anxiety**

If you experience anxiety when:

- meeting new people
- working in groups
- in social situations
- in social interactions
- giving presentations

and you would like to avail of this online programme, please email: [barrie.mcentee@dcu.ie](mailto:barrie.mcentee@dcu.ie)

Counsellor with the Counselling and Personal Development Service

‘Participate Online’ is part of our **Student Empowerment and Life Skills Programme**

