



Empowered

A free, self-paced, online course from Anxiety NZ to support your mental wellbeing.

- You will receive practical, easy to implement ideas to support your own and others' mental health.
- You'll build new skills and come away with your own personalised well-being plan to support your wellbeing goals now, and into the future.



You can engage with each section in the way that is most accessible to you. There are videos, a text-based version and a podcast version. Each section also has a worksheet to summarize and work on your goals.

