

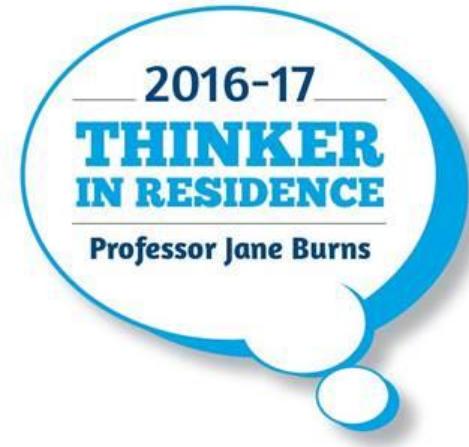


Commissioner for Children and Young People  
Western Australia

# Using technology and social and media for student mental health and wellbeing: Key evidence-based tools and apps for students

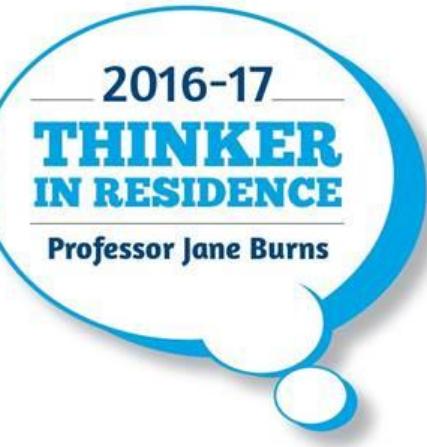
Department of Education

14 March 2017





Commissioner for Children and Young People  
Western Australia



# Professor Jane Burns

**2016-17 Thinker in Residence**





# 21<sup>st</sup> Century Mental Health

// Safe. Healthy. Resilient.

YOUNGANDWELL<sup>®</sup><sub>CRC</sub>

# LEGACY OF THE YOUNG AND WELL CRC

A photograph showing a group of young people outdoors. In the foreground, a woman with blonde hair is looking down at a smartphone held by a man next to her. Another person's arm and hand are visible on the right, also holding a smartphone. They appear to be engaged in a shared activity or discussion. The background is slightly blurred, suggesting an outdoor setting like a park or campus.

Australia-based, international research centre.

75+ partner organisations.

Researchers, practitioners, policy-makers and innovators across the academic, non-for-profit, government and corporate sectors.

Working in partnership with young people.

Exploring new technologies to promote cybersafety, mental health and wellbeing.

Three research programs.

**Part of the Australian Government's Cooperative Research Centres Program, tackling challenges requiring medium to long-term collaborative efforts.**

# // THE CURRENT SITUATION

Suicide is the leading cause of death  
for young people aged 15 to 24 years.

ABS, 2008



Two in five young people have tried illicit substances.

Australian Government Office for Youth, 2009

One in four young people experience a mental health disorder.

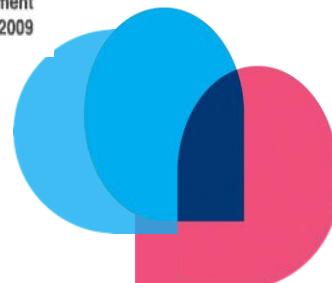
Slade et al. 2009

75% of young people aged 16 to 24 do not seek help for their mental health.

ABS, 2008

One in three sexually active young people have felt forced to have sex.

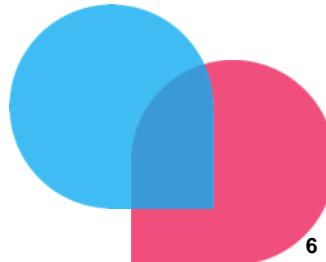
Australian Government Office for Youth, 2009



# What does the latest research say?

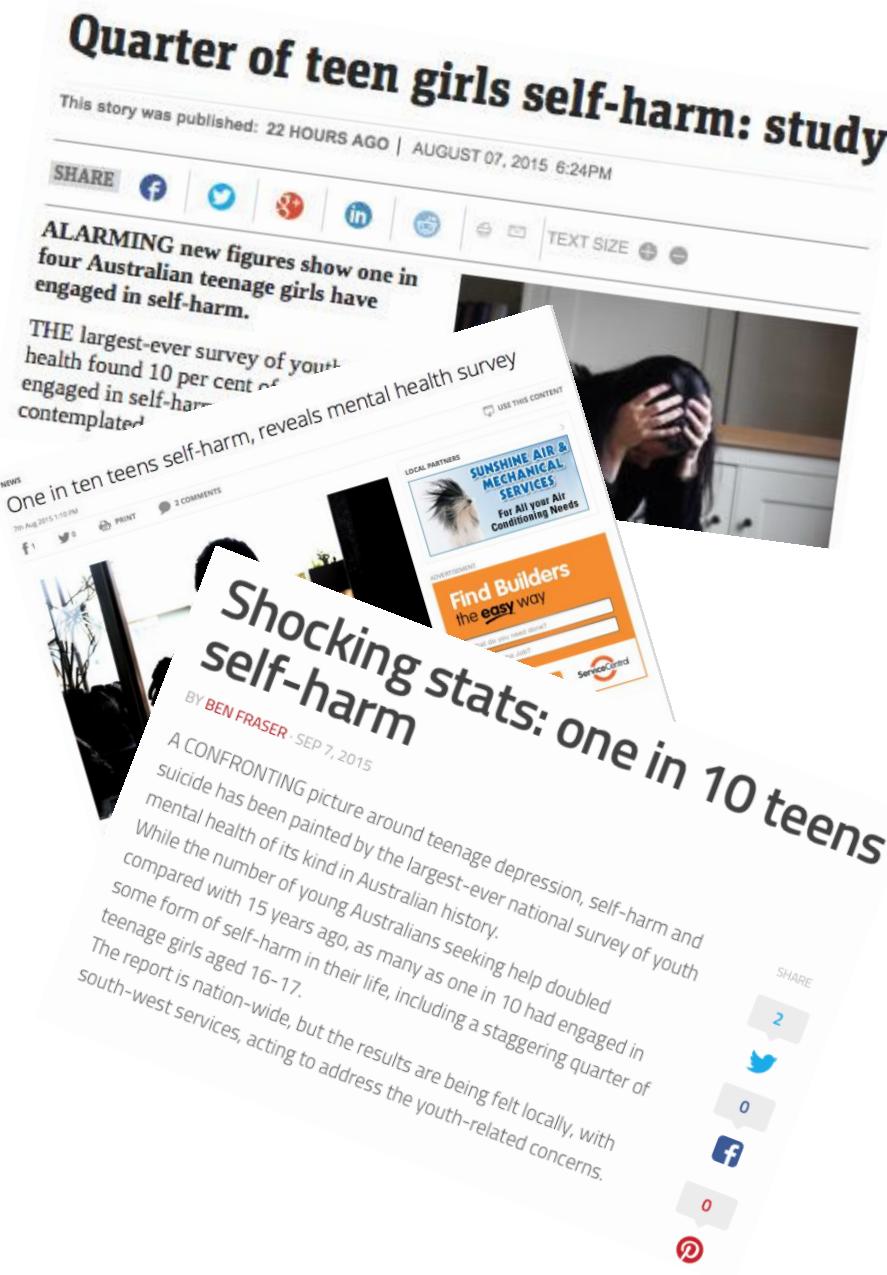


<http://www.health.gov.au/internet/main/publishing.nsf/Content/mental-pubs-m-child2>



# Current situation

- Largest-ever survey of youth mental health
- The two-year survey of 6300 families
- 1 in 7 children experienced a mental disorder
- 1 in 10 self harming
- 15% of 16-17 year old girls suicidal ideation
- One in 40 actually attempted it.



# Conclusion about current situation

The Sydney Morning Herald  
National

AMERICAN EXPRESS  
Platinum Business Card

or without enough  
Bonus Points\*  
for 4 return flights from Sydney

Investigations Interactives Health Education Public Service News World War 1 Centenary Clique P

You are here: Home > National > Health >

## Groundbreaking Australian study finds thousands of children and teenagers suffer mental illness

August 7, 2015

Amy Corderoy  
Health Editor, Sydney Morning Herald  
View more articles from Amy Corderoy  
Follow Amy on Twitter Email Amy

Tweet 194 Share 4.5k G+ Share 9 in Share Pin it submit  
Email article Print Reprints & permissions



Suffering in silence: children may not tell their parents about their mental anguish. Photo: iStock

Hundreds of thousands of Australian children and teenagers are experiencing serious mental health issues, but many parents have no idea what is going on, according to a groundbreaking national survey.

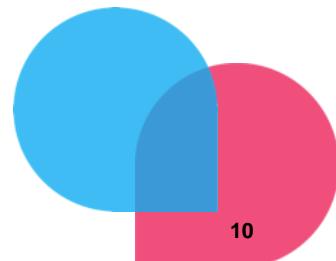
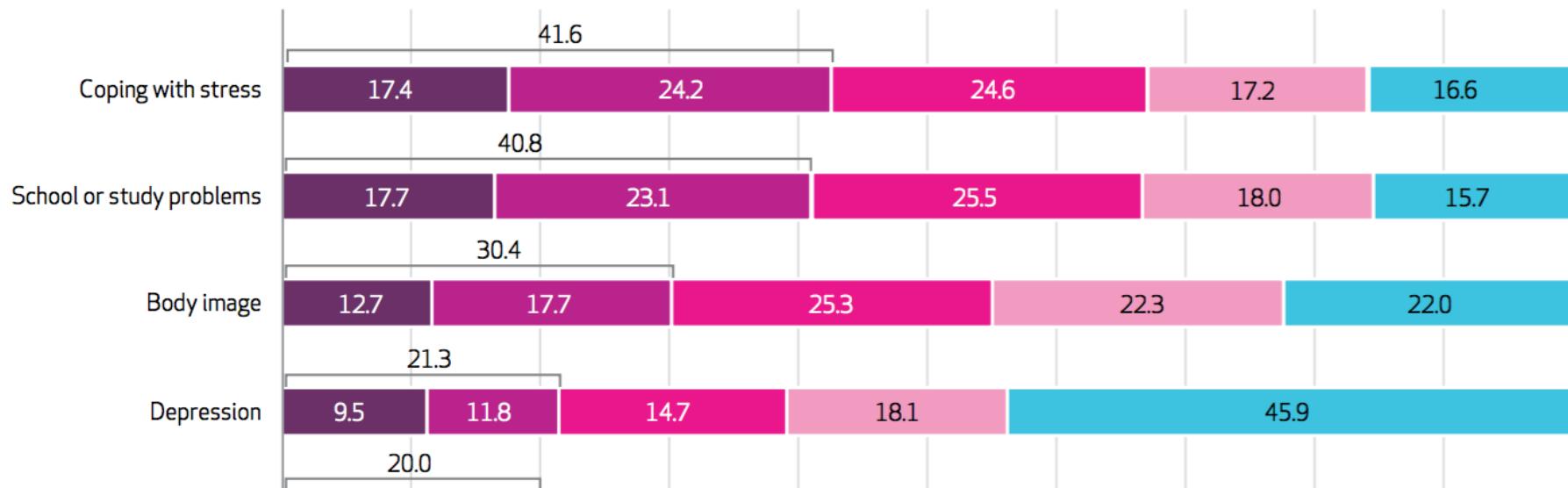
- Situation hasn't changed much since last survey
- If we keep doing the same thing...
- Only a small number of young people actively manage their wellbeing or engage in early help-seeking behaviour
- Technology may hold the answer

# Youth Survey 2014



**MISSION**  
**AUSTRALIA** | together  
we stand

# Results: Issues of personal concern to young people 2014

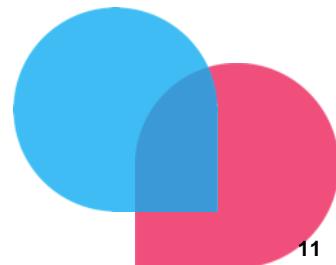


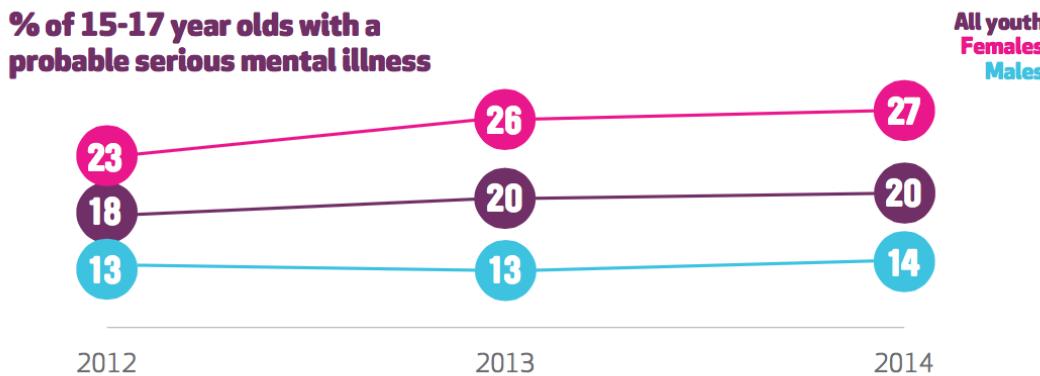
# Young people's mental health over the years

Youth Survey 2012-14



**MISSION  
AUSTRALIA** | together  
we stand





## Differences between young people

**% of 15-17 year olds who are personally concerned about:**

Stress



Study



Body image



**WITH** a probable serious mental illness

**WITHOUT** a probable serious mental illness

**% of 15-17 year olds who would seek help from:**

Friends



Internet



Parents



# Self Harm Amongst Australia's Youth

Orygen, The National Centre of Excellence in Youth Mental Health 2016



In 2013-14 over  
**9000** young people  
were hospitalised  
due to self harm

Hospitalisation rates  
for **Women** are **Nearly**  
**2.5 time**  
higher than Men



**INDIGENOUS AUSTRALIANS** aged 15-24 are **5 TIMES MORE** likely to be hospitalised

**1 in 10**  
young people have  
engaged in self  
harming behaviour



## At risk groups of young people



# THE OPPORTUNITY

**75%** of mental illness emerges before age 25

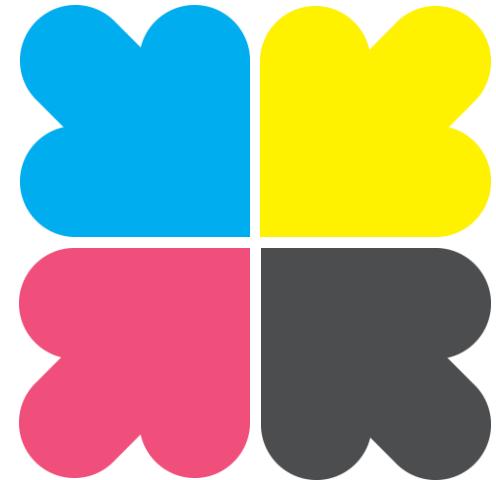
(Kessler, 2005).

**80%** males and **70%** females aged 16 to 24 do not seek help

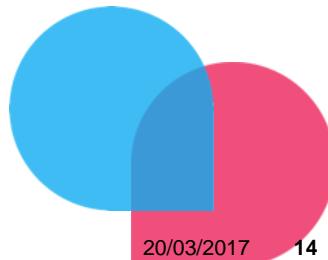
(Australian Bureau of Statistics, 2008, National Survey of Mental Health and Wellbeing: Summary of Results, 2007. Cat No 4326.0).

**99%** of young people are online daily

(Young and Well National Survey, 2012).



**The combination of these factors present a unique opportunity to use technologies to enhance mental health and wellbeing.**



# HOW YOUNG PEOPLE USE THE INTERNET

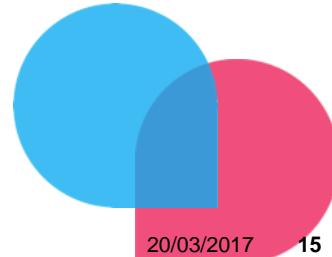
“Almost all Young Australians are online everyday or almost everyday”

**99%** of Australian young people  
16-25 use the internet

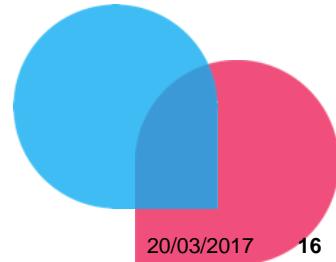
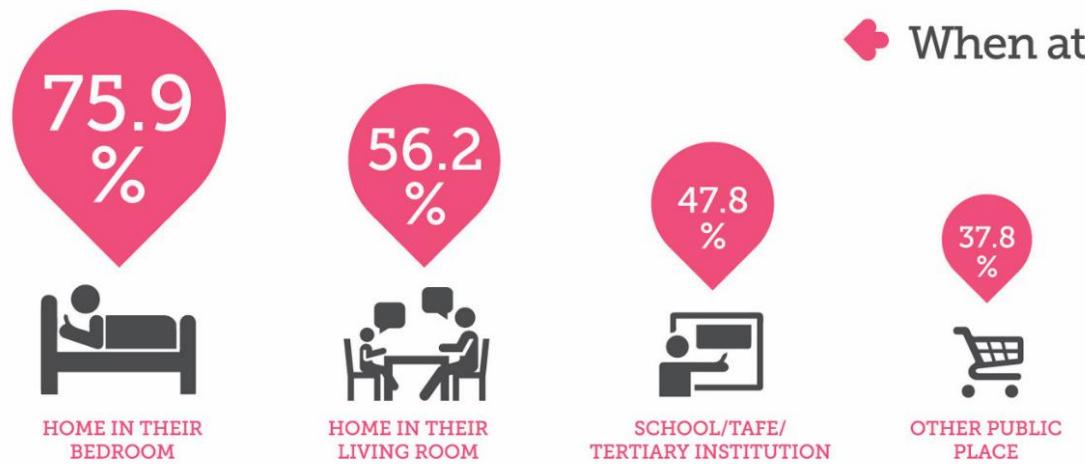
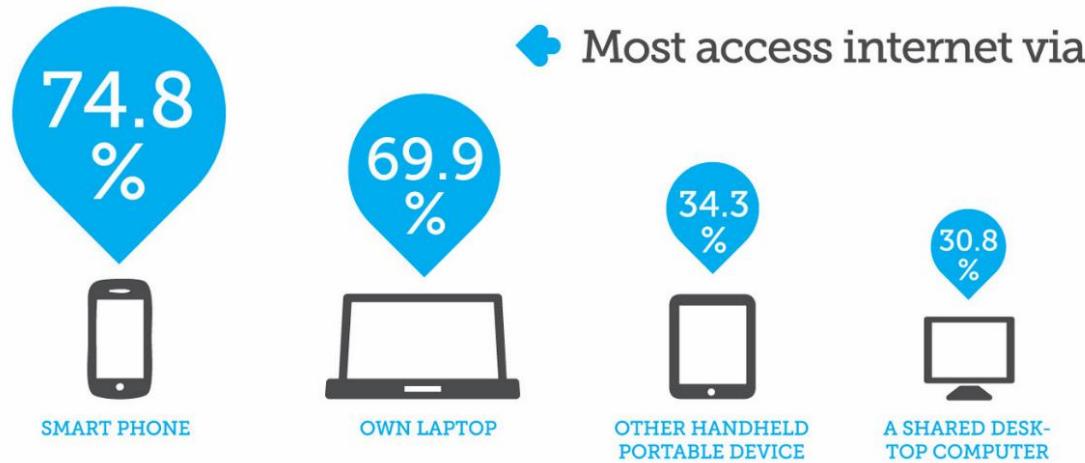
**95%** Use everyday or almost  
everyday



Most are online  
**2-4 hrs** a day | but about **20%** are online  
**5+hrs**



# HOW YOUNG PEOPLE USE THE INTERNET



**2015**

**TECHNOSAPIENS:  
MODERN  
MAN IN THE  
DIGITAL AGE**

ACCESS  
SOCIAL  
MEDIA  
WEBSITES

**93% ↑<sup>2%</sup>**

**59%**  
GAME ALONE  
OR WITH OTHERS

USE EBAY  
OR INTERNET  
SHOPPING

**58%**

↑<sup>4%</sup>

**84%**

**LISTEN TO OR  
DOWNLOAD/  
UPLOAD MUSIC**

**72% ↑<sup>2%</sup>**  
READ OR  
WATCH NEWS

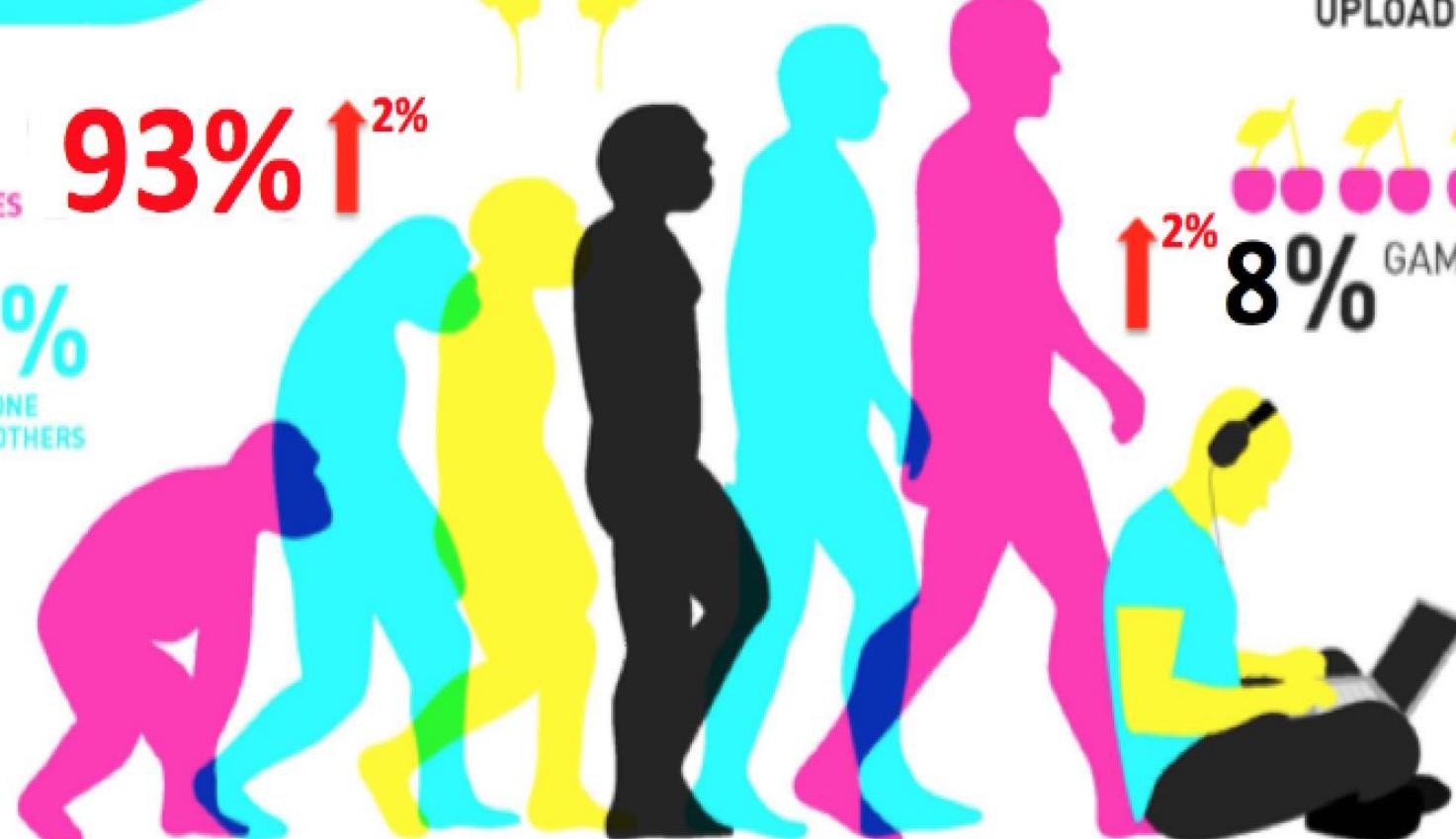
**91%**

**WATCH OR  
DOWNLOAD/  
UPLOAD VIDEOS**

↑<sup>2%</sup>

**8%**

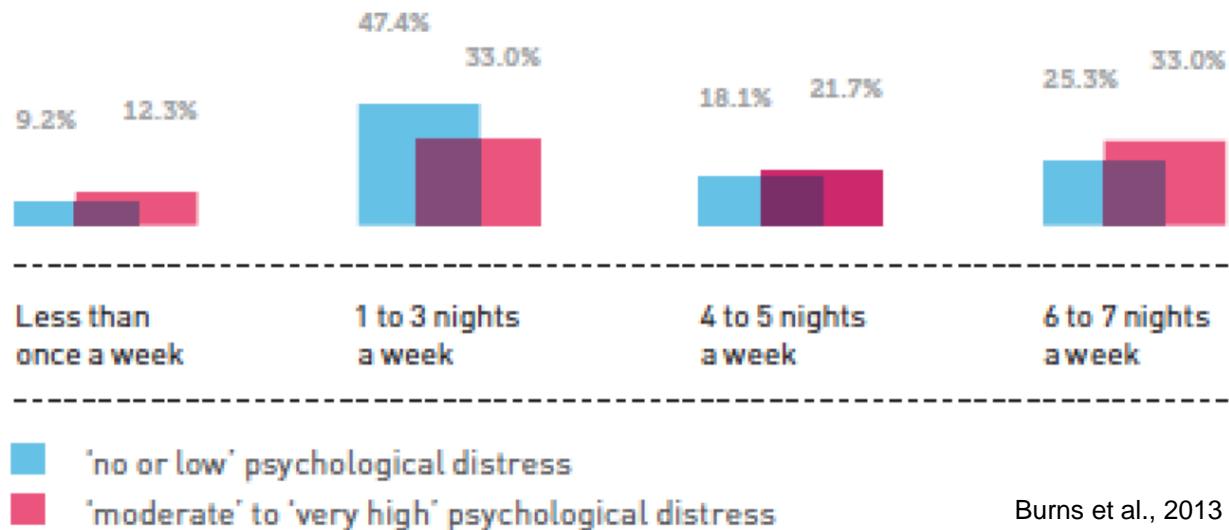
**GAMBLE**



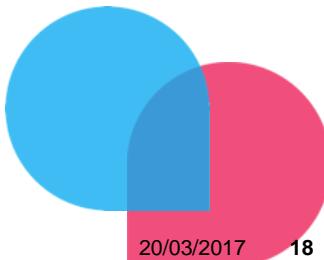
# 'GAME ON'

## Frequency of internet use after 11:00pm

"33% of young men experiencing 'moderate' to 'very high' psychological distress are online six to seven nights a week after 11.00pm."



Burns et al., 2013



# OUR YOUTH BRAINS TRUST

The Youth Brains Trust is a group of enthusiastic and committed **young people** from around Australia, who are passionate about improving their own **wellbeing** and that of their peers.



# WHY TECHNOLOGY MATTERS

Our 'real world' is both online and offline

It's how we communicate

Computers have been a part of our entire lives

Provides flexibility and confidentiality

How do we move from a focus on technology as a risk to technology as an opportunity?

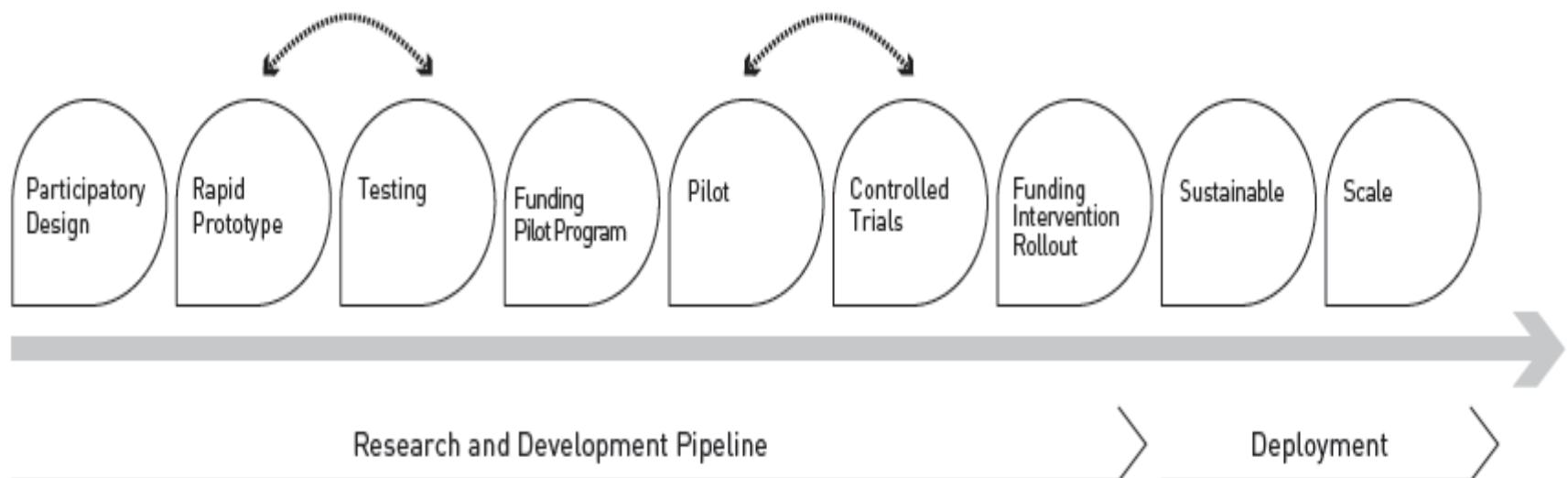




**“Participatory design offers an evolving set of critical, conceptual and practical tools to support the active participation of users in the design of different systems, services and products”**

Hagen et al., 2012

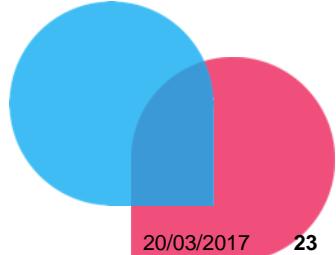
# YOUNG PEOPLE AS PARTNERS IN RESEARCH



# MYASSESSMENT

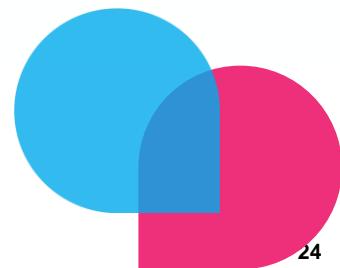
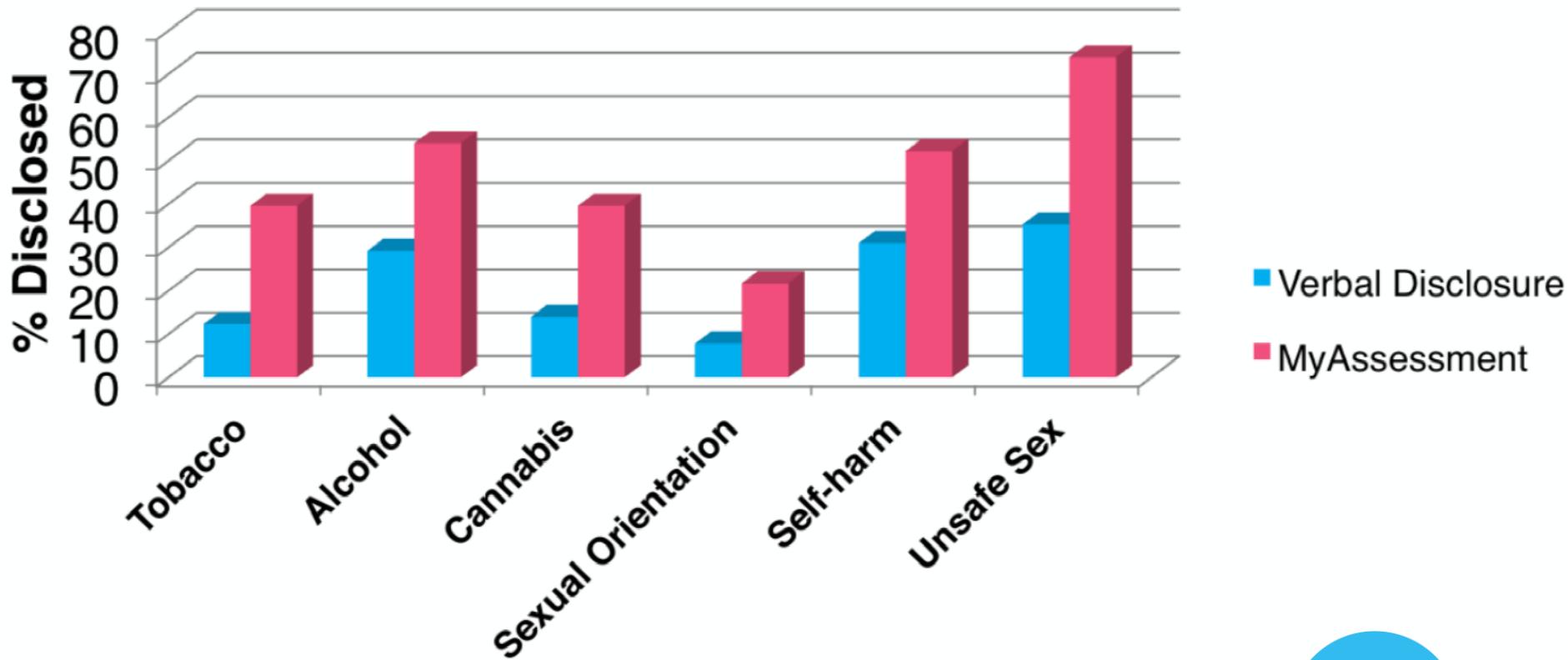
// Lets get you started!

The screenshot shows a mobile application interface titled "myAssessment". The main question is: "Which of the following best describes how you think of yourself in terms of your sexual preference?". Below the question are six options: "Heterosexual/straight", "Lesbian", "Gay", "Bisexual", "Questioning (not sure if you are straight, gay, lesbian or bisexual)", and "Other (please specify)". The "Gay" option is highlighted with a purple background. At the bottom, there are navigation buttons: "Previous" (disabled), "1 / 16", "Don't want to answer" (disabled), and "Next" (disabled). A small note "165g" is visible next to the "Next" button.



# MYASSESSMENT

// How Technology Can Help

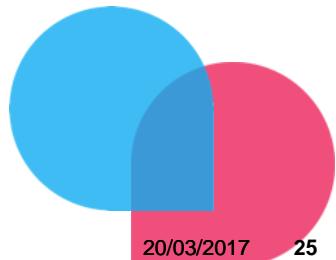


# CHALLENGES IN SCHOOL MENTAL HEALTH //

- **HELP SEEKING //** Why don't young people seek help?  
Is user driven screening appropriate? What does online triage look like?
- **ENGAGEMENT//** Can young people be partners in care? What would an empowered young person manage online?
- **RIGHT CARE AT THE RIGHT TIME//** Are social networking, gaming, digital content creation, mobile applications and virtual worlds a valid and reliable tool to promote care?
- **WORKFORCE CAPACITY//** What role can technology play in rural, remote and regional communities and in vulnerable populations? How do you up skill a workforce in the use of ICT?



“It was 1.30am; I was desperate and had nowhere to turn. I somewhat sarcastically went to Google and typed in ‘help’. The Reach Out site was the first result.”



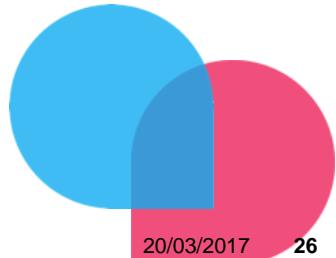
# HOW TECHNOLOGY CAN HELP

The screenshot shows the homepage of ReachOut.com. At the top, there's a navigation bar with links for 'Log in | Sign up', 'Emergency Help & Info', 'More from ReachOut', 'About', 'Professionals', and social media icons. Below the navigation is a banner for 'Tough Times' with sub-links for 'Improving your everyday life', 'Get Involved', and 'Forums'. A search bar with placeholder text 'Looking for something? Search ReachOut.com' and a 'Search' button are present. The main content area features a large image of a person from behind, wearing a jacket, with the text 'Welcome to ReachOut.com' and 'The help you need, where and when you need it.' Below this is a section titled '7 myths about depression' with a sub-section 'Misconceptions about depression only make it harder to deal with. Here's 7 myths busted.' A 'Learn more' button is shown. At the bottom, there are links for 'Party Drugs', 'Sex and relationships', and 'Friends and family'.

The screenshot shows the homepage of MoodGYM. It has a green header with the 'MoodGYM TRAINING PROGRAM' logo and a 'Select language:' dropdown set to 'English'. A 'New MoodGYM COMING SOON' badge is visible. Below the header, there's a 'Login >' and 'Sign Up >' button. The main content area is titled 'Learn cognitive behaviour therapy skills for preventing and coping with depression'. It includes a 'Seeking immediate help?' section with contact information for Australia and a link to befrienders.org. Logos for 'Australian National University' and 'e-hub Mental Health at the National Institute for Mental Health Research' are shown. A 'MoodGYM was developed by' section lists 'e-hub Mental Health at the National Institute for Mental Health Research'.

The screenshot shows the homepage of eheadspace. At the top, there are links for 'log in', 'register', and 'I need emergency assistance'. Below the navigation is a banner for 'eheadspace can help' featuring a woman sitting on the floor. Text in the banner says 'eheadspace live info sessions are an anonymous way to ask an expert questions and learn from other peoples questions'. Below the banner are buttons for 'live info sessions', 'is this service right for me?', 'prefer to talk on the phone?', and 'want to send us an email?'. The footer contains links for 'Get support', 'The facts', 'Connect with others', 'Resources', 'Get involved', 'About us', 'Media', and 'Make a donation'.

The screenshot shows the homepage of beyondblue. At the top, there are links for 'Search', 'Chat online', 'Email us', and a phone number '1300 22 4636'. Below the navigation is a banner with the text 'Brains can have a mind of their own.' and an illustration of a brain with arms and legs. There's a 'Understand yours >' button. The footer contains links for 'Get support', 'The facts', 'Connect with others', 'Resources', 'Get involved', 'About us', 'Media', and 'Make a donation'.



427 people online



Log in | Sign up

Emergency Help & Info  
info, chat & phone support

More from ReachOut  
About | Professionals



## Tough Times

Working out the hard stuff

## Wellbeing

## Apps & Tools

Improving your everyday life

## Get Involved

Things built to help you

## Forums

Pitch in to help others

Join the conversation

Looking for something?

Search ReachOut.com

Search

# Welcome to ReachOut.com

The help you need, where and when you need it.

[Find out more](#)

## 7 myths about depression

Misconceptions about depression only make it harder to deal with. Here's 7 myths busted.

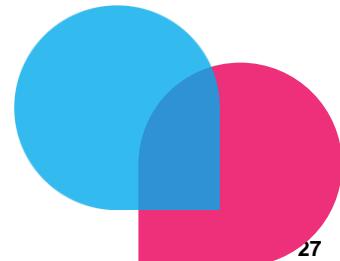
[Learn more](#)

# Learn more about...

[Party Drugs](#)

[Sex and relationships](#)

[Friends and family](#)





[log in](#)   [register](#)   [I need emergency assistance](#)

[home](#)

[what's eheadspace](#)

[get help](#)

[faq & resources](#)

[help us](#)

[Search](#)

# eheadspace can help

eheadspace live info sessions are an anonymous way to ask an expert questions and learn from other peoples questions

 [live info sessions](#)

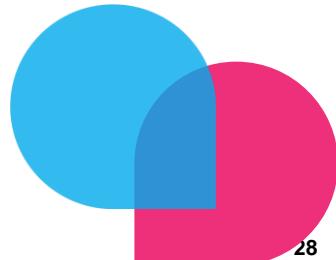
[is this service right for me?](#)



[prefer to talk on the phone?  
call us on 1800 650 890](#)



[want to send us an email?  
click here to send](#)



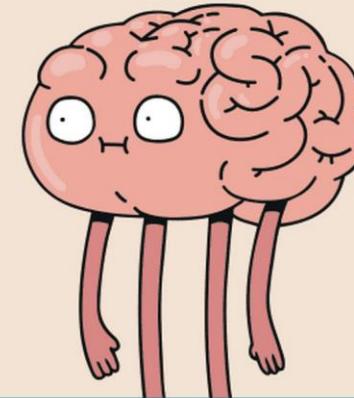


beyondblue Support Service  
Support. Advice. Action  
**1300 22 4636**

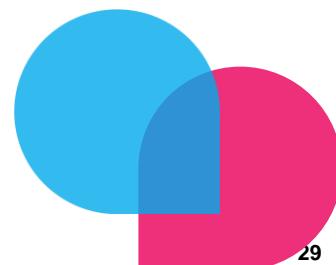
Search  Q  
Chat online  
Email us  
JOIN FORUM  
Register or Login

[Get support](#)[The facts](#)[Connect with others](#)[Resources](#)[Get involved](#)[About us](#)[Media](#)[Make a donation](#)

# Brains can have a mind of their own.

[Understand yours >](#)

## 3 million Australians are living

[In focus](#)[Latest news](#)



Select language:

English



Learn cognitive behaviour therapy skills  
for preventing and coping with depression

[Login >](#)

or

[Sign Up >](#)

**Seeking immediate help?**

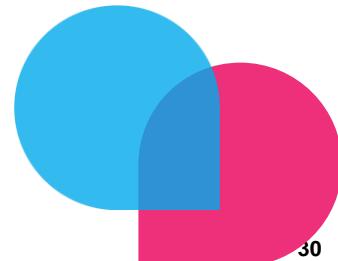
In Australia contact [Lifeline](#): 13 11 14 or [Kids Helpline](#): 1800 551 800  
Local help lines for other parts of the world are listed at [befrienders.org](#).



Australian  
National  
University

MoodGYM was developed by

- ▶ [e-hub Mental Health](#) at the
- ▶ [National Institute for Mental Health Research](#)



# Smartphone app 1

## Recharge

YOUNGANDWELL CRC



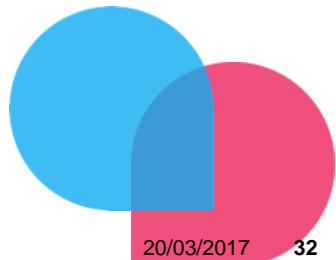
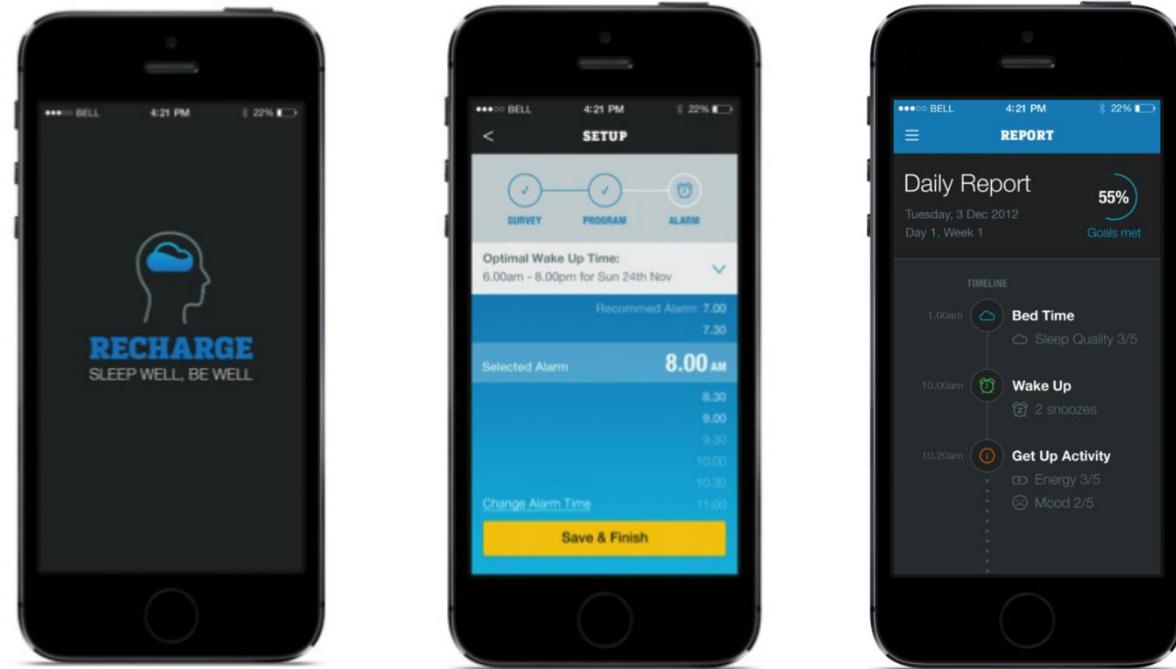
An Australian Government Initiative



# YOUNG MEN'S INTERVENTION

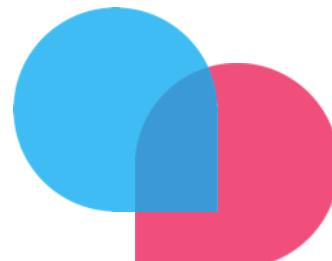
// Can we chat about getting enough sleep and exercise?

Young Men's Intervention involves the development of a mobile phone app designed to improve young men's wellbeing by helping regulate the sleep/wake cycle through a six week program.



# Recharge – Sleep Well, Be Well (free)

- A personalised six-week program that helps improve the wellbeing of young people by focusing on four key areas
  - A regular wake and sleep time each day, achieved gradually over six weeks
  - An alarm clock that triggers fun activities designed to get you up and out of bed
  - Increasing exposure to daylight early in the day, to help reset the body clock
  - Encouraging increased physical activity, especially within two hours of waking up.



# Smartphone app 2

## WorryTime

YOUNGANDWELL CRC



An Australian Government Initiative



# Reachout WorryTime

## ReachOut WorryTime

By ReachOut Australia

Open iTunes to buy and download apps.



[View in iTunes](#)

**Free**

Category: **Health & Fitness**  
Released: May 11, 2015  
Version: 1.0.4  
Size: 20.5 MB  
Language: English  
Seller: ReachOut Australia  
© ReachOut 2015  
**Rated 4+**

**Compatibility:** Requires iOS 7.0 or later. Compatible with iPhone, iPad, and iPod touch. This app is optimized for iPhone 5, iPhone 6, and iPhone 6 Plus.

### Customer Ratings

We have not received enough ratings to display an average for the current version of this application.

[More iPhone Apps by ReachOut Australia](#)

[View More by This Developer](#)

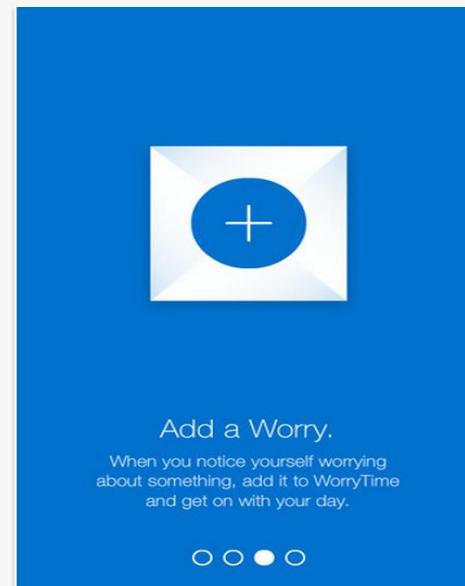
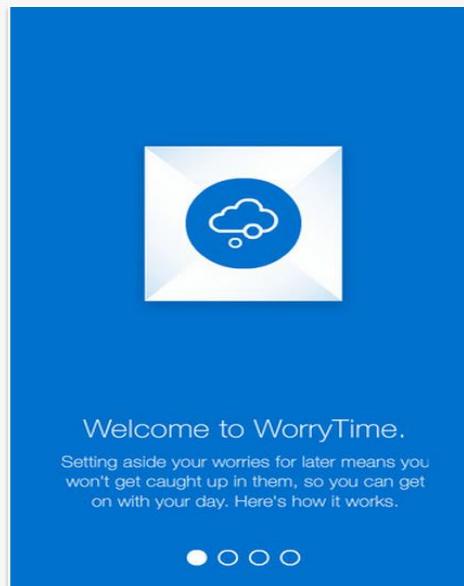
### Description

Everyone has worries pop into their head from time to time, but sometimes they won't go away and start to impact your everyday life.

[ReachOut Australia Web Site](#) › [ReachOut WorryTime Support](#) ›

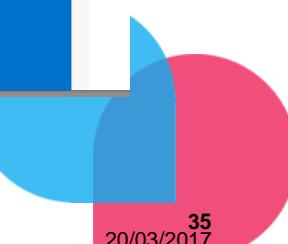
[...More](#)

### iPhone Screenshot



### Add a Worry.

When you notice yourself worrying about something, add it to WorryTime and get on with your day.

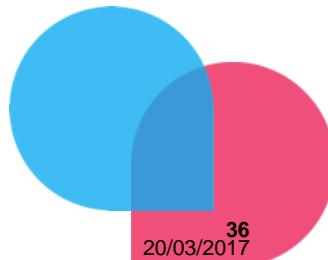


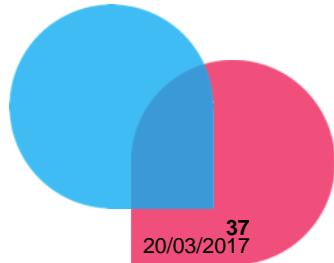
# WorryTime

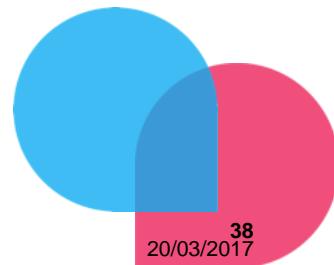
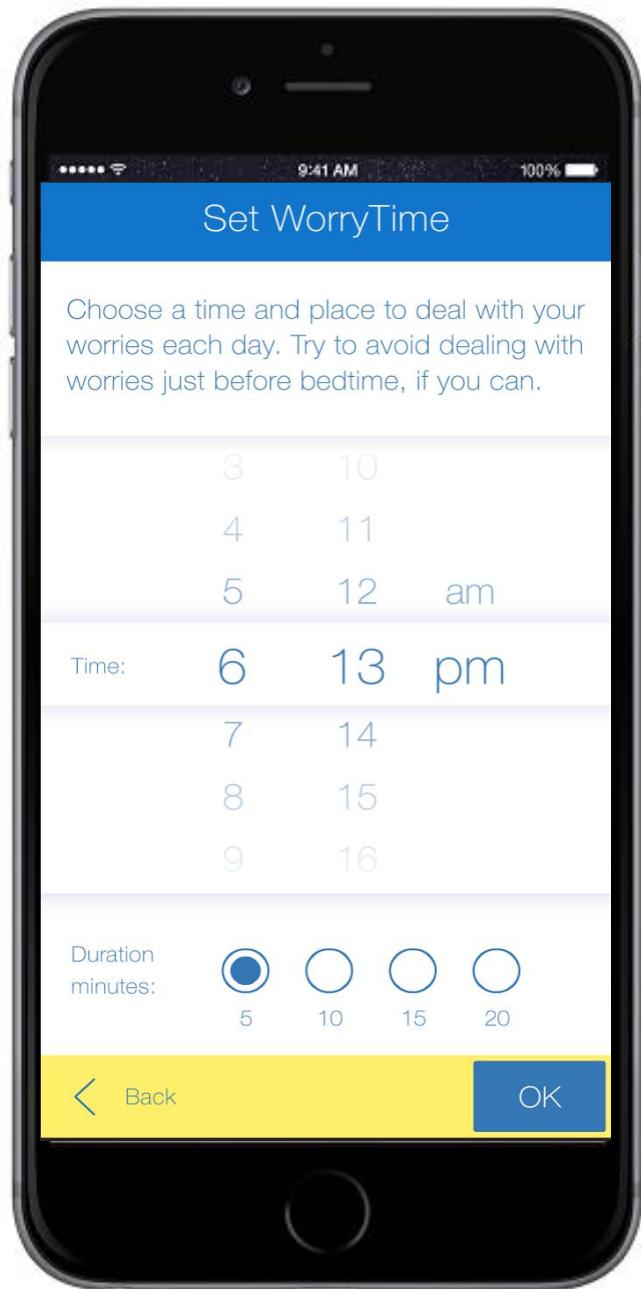
**ReachOut WorryTime**  
By ReachOut Australia  
Open iTunes to buy and download

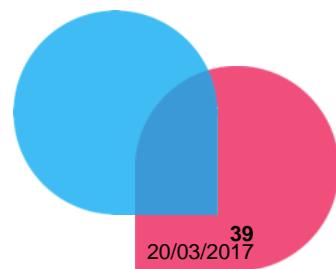
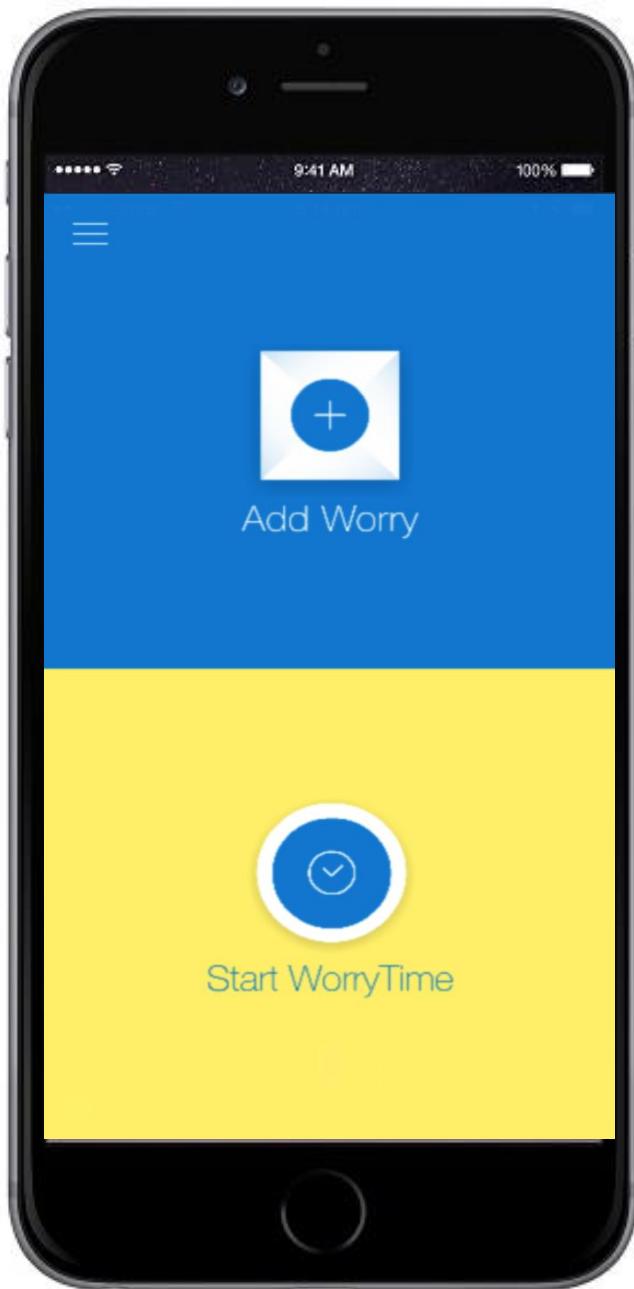


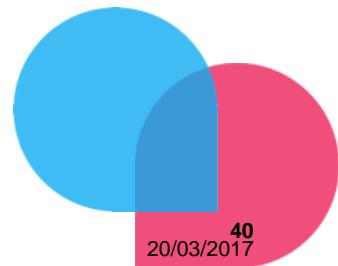
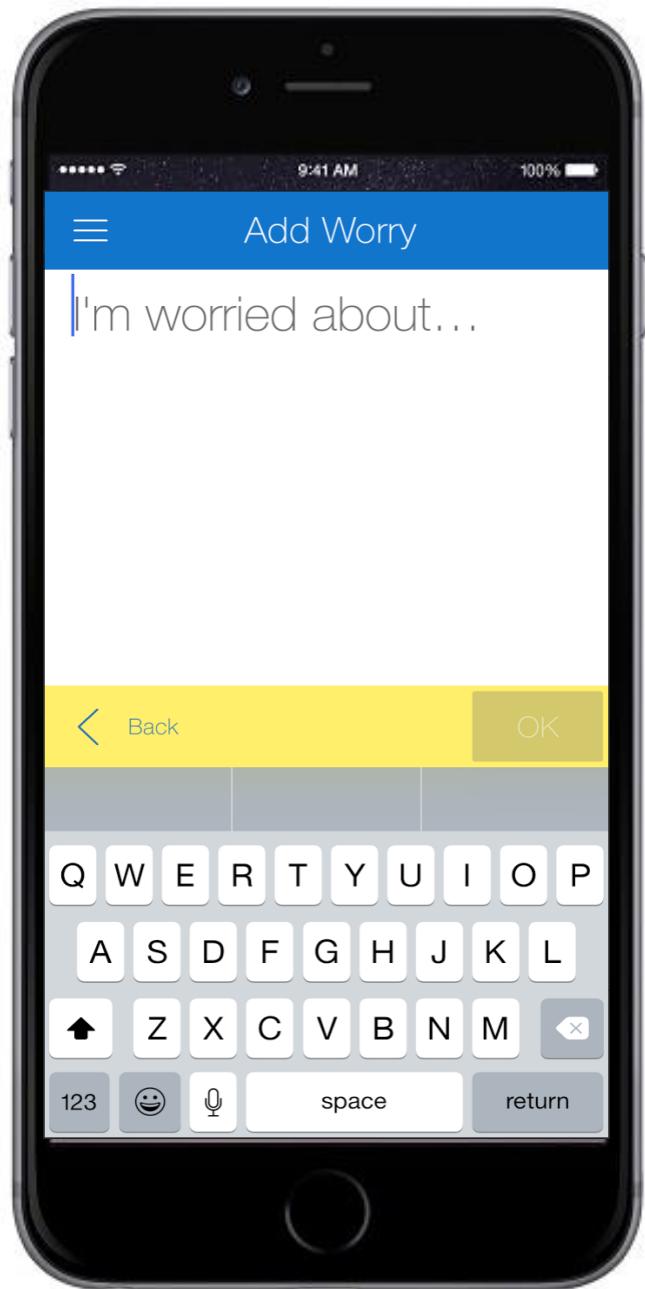
- Free mobile app that gives young people a place to store their worries and alerts them when it's time to think about them. When a worry no longer matters to them, they can ditch it and move on.
  - Manage their stress levels
  - Helps them feel more in control of their anxiety or stress
  - Develop a regular and effective method of dealing with day-to-day worries
  - Feel less overwhelmed

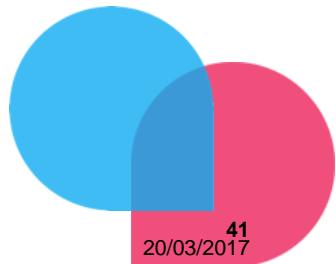


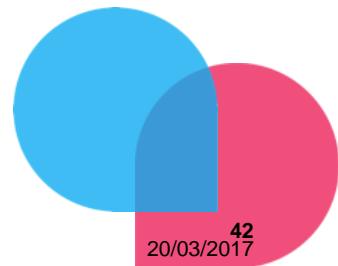
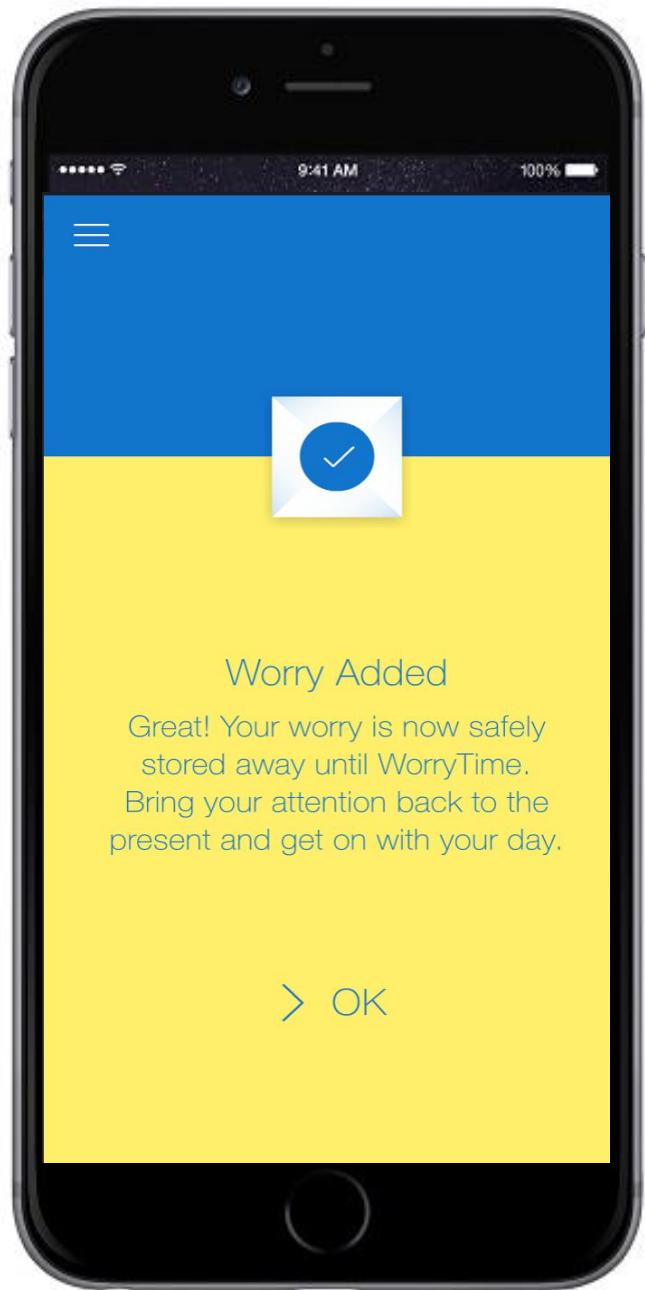












# Smartphone app 3

## Breathe

YOUNGANDWELL CRC



An Australian Government Initiative



# ReachOut Breathe

## ReachOut Breathe

[View More by This Developer](#)

By ReachOut Australia

Open iTunes to buy and download apps.



### Description

ReachOut Breathe helps you reduce the physical symptoms of stress and anxiety by slowing down your breathing and your heart rate with your iPhone or Apple Watch.

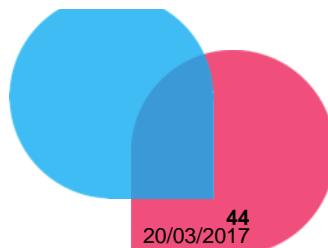
[ReachOut Australia Web Site](#) › [ReachOut Breathe Support](#) ›

[...More](#)

[View in iTunes](#)

Offers Apple Watch  
App for iPhone

Free



# ReachOut Breathe

ReachOut Breathe

By ReachOut Australia

Open iTunes to buy and download apps.



- slowing your heart rate can increase feelings of calmness in your body
- using simple visuals, Breathe helps people control their breath and measures your heart rate in real-time using the camera in your phone.
- lets you address the onset of physical symptoms of stress, like shortness of breath, increased heart rate and tightening of the chest
- Controlling breathing and heart rate
- Increasing sense of calm and ease the physical symptoms of stress in real-time.

[View More By This Developer](#)

# ReachOut Breathe

## ReachOut Breathe

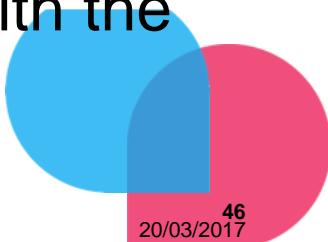
By ReachOut Australia

Open iTunes to buy and download apps.



[View More by This Developer](#)

- After installing Breathe, they can customise settings to suit them.
- Set up their preferred breathing time and measure their baseline heart rate using their iPhone.
- It's simple to use and can be accessed at any time from your mobile or Apple Watch.
- Whether it's on the way to a game, before an exam or part of a daily ritual – it's the support they need to help cope with the onset of panic or anxiety.



# Smartphone app 4 Music e-scape

YOUNGANDWELL CRC



An Australian Government Initiative



# Music eScape

[View More by This Developer](#)

By Young and Well Cooperative Research Centre

Open iTunes to buy and download apps.



## Description

Do happy songs annoy you when you're feeling angry? Ever wondered why you feel depressed when you listen to dark music?

[Young and Well Cooperative Research Centre Web Site](#) ▾ [Music eScape Support](#) ▾

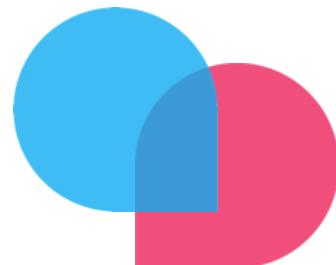
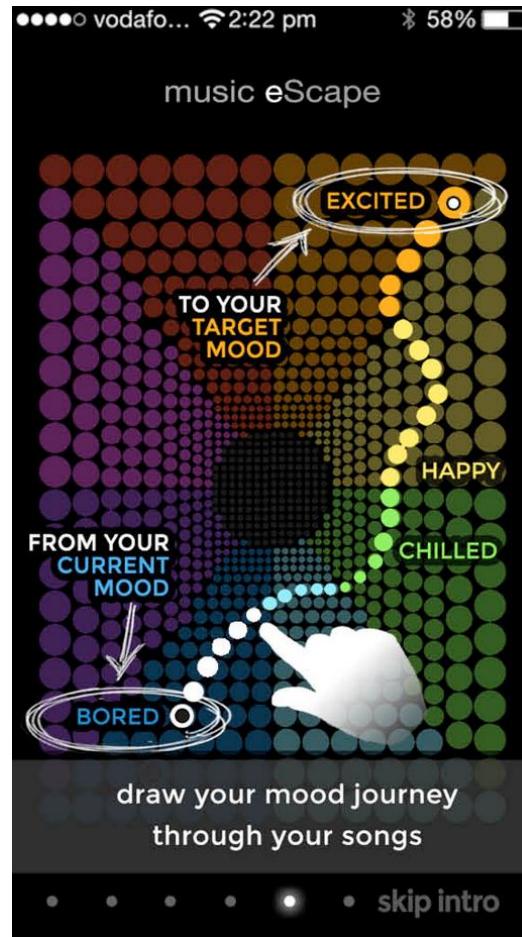
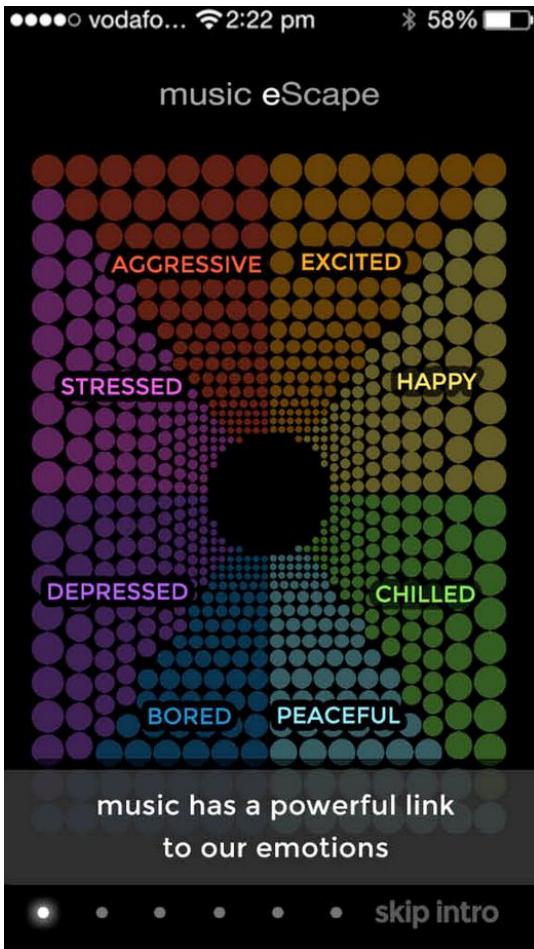
...More

## iPhone Screenshot

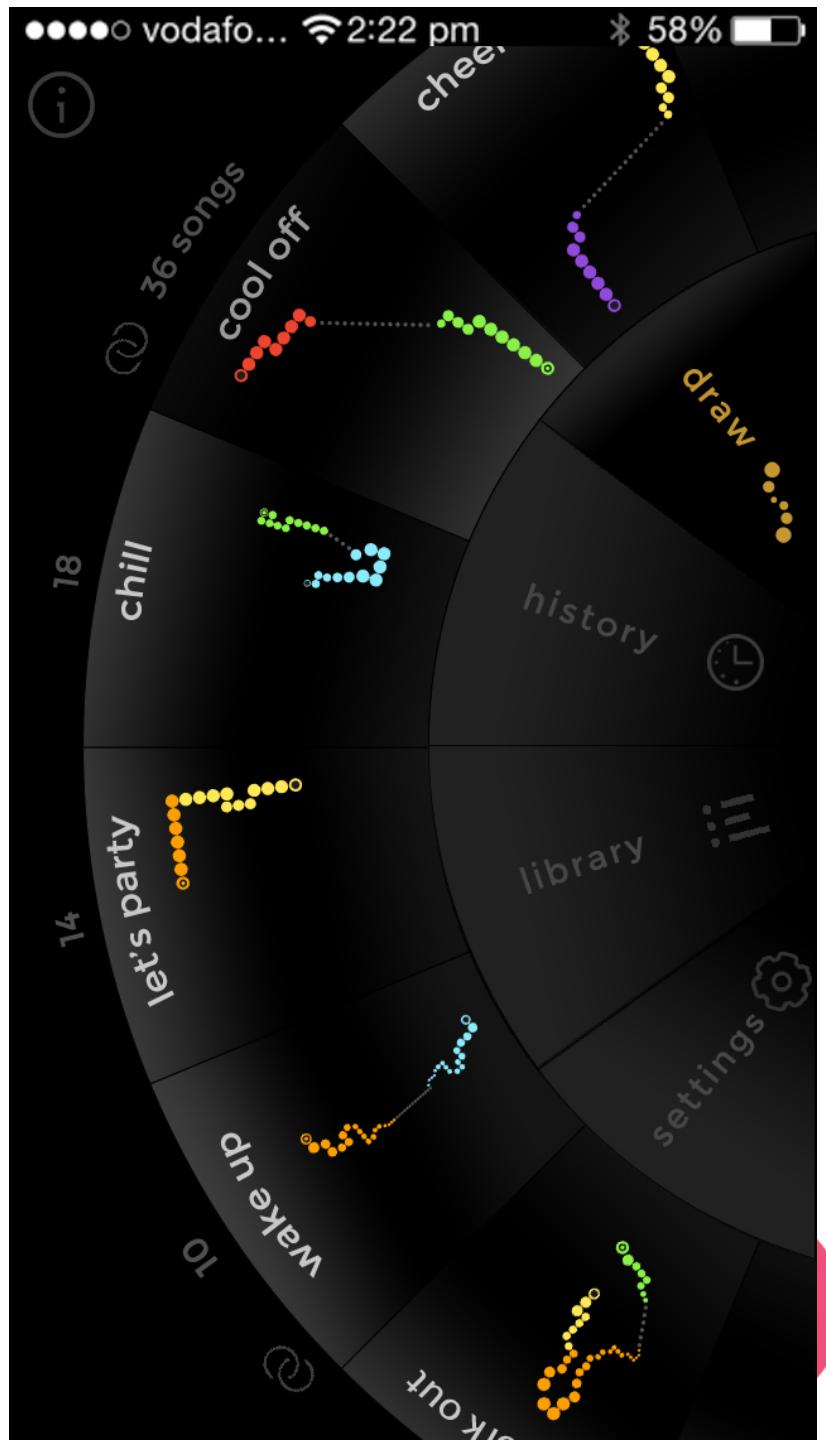
[View in iTunes](#)



# music eScape

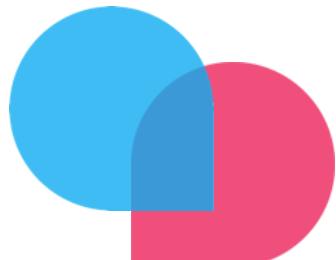


# music eScape



# music eScape prompts young people to:

- Resort to *music* for emotion regulation
- Be mindful and aware of their emotions
- Set an ‘emotional goal’
- Explore how different music affects their emotional states
- Track their moodshifts over time



# Smartphone app 5

## The Check In

YOUNGANDWELL CRC



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# The Check-in

## Youthbeyondblue The Check-in

[View More by This Developer](#)

By beyondblue

Open iTunes to buy and download apps.



[View in iTunes](#)

### Description

The Check-in app was designed by beyondblue and Two Bulls in consultation with young people to help take the fear out of having a conversation with a friend who might be struggling. This is often not an easy conversation to have and the Check-in app provide building blocks for how you would approach your friend and give you a

[beyondblue Web Site](#) ▶ [Youthbeyondblue The Check-in Support](#) ▶

[...More](#)

### What's New in Version 1.0.12

Minor bug fixes





- developed by beyondblue
- aims to give young people the skills, knowledge and some specific strategies to have conversations with their friends about mental
- Provides a tailored, step-by-step “check-in” plan so they can systematically look after friends that they are worried about.
- allows young people to review how the conversation went
- gives ideas for what to do next, especially if things got tricky
- allows the user to set reminders to follow up,
- links to professional support and words of wisdom from people who've done it before

••••• vodafone AU 4:14 pm

69%



## Plan your check-in



So you've got a friend who you are worried about. Knowing how to talk to them about it can be the hard part. If you feel awkward about it, that's pretty normal.



It's not always easy, but the Check-in app takes you through four steps to help you plan your conversation so you know how you are going to go about it.

### 1 I'll check-in Over a coffee



Plan



Review



Tips



Resources

••••• vodafone AU 4:14 pm

69%



## Review



So you've recently checked in with a friend? Good on you!

How'd it go?

Not so great

Okay

Great!

Good work for asking your friend how they are. Give yourself a pat on the back for giving it a crack.

### FURTHER TIPS

Chat to someone about it



Plan



Review



Tips



Resources

# YOUNG AND WELL APPS

YOUNGANDWELL CRC



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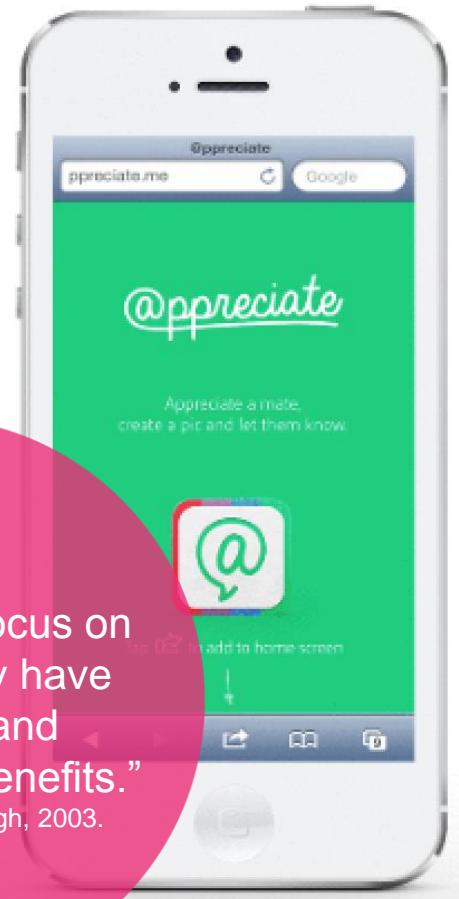
# @ppreciate

Launched in July 2013, hundreds of positive compliments spread their way across websites like Facebook, Twitter, Instagram and Tumblr. The compliments were in the form of beautiful illustrated images with positive sentiments like 'Don't Ever Change,' 'Your smile makes me smile' and even 'Your face makes Facebook better.'

Since then, almost 26,000 of these images have been created and shared by young people across Australia.

"A conscious focus on blessings may have emotional and interpersonal benefits."

Emmons & McCullough, 2003.



# GOALZIE

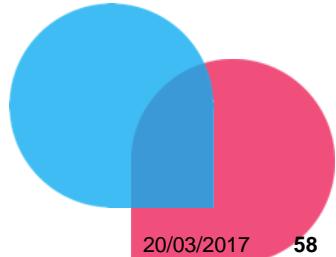


YOUNGANDWELL  
Cooperative Research Centre

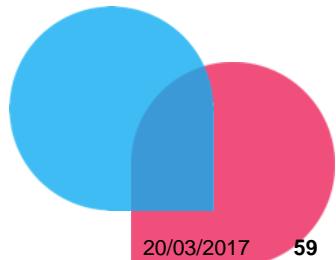
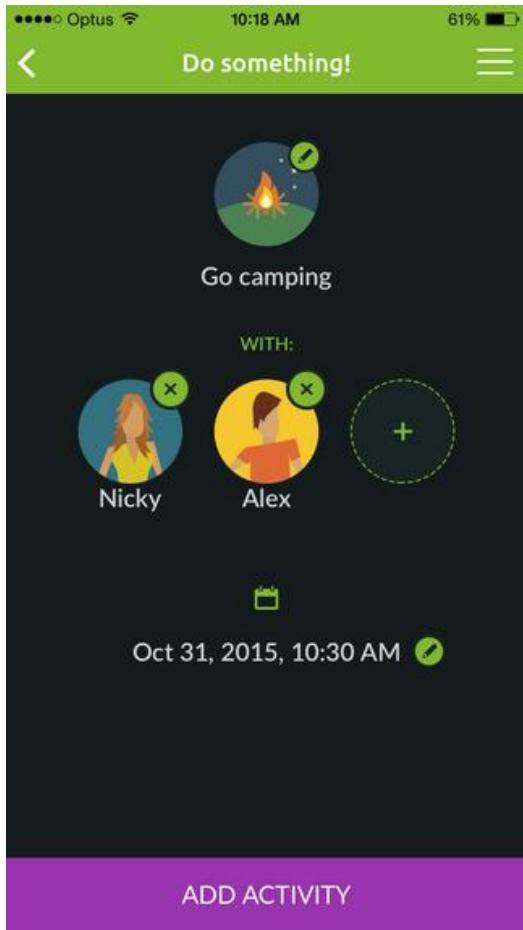


Australian Government  
Department of Industry,  
Innovation and Science

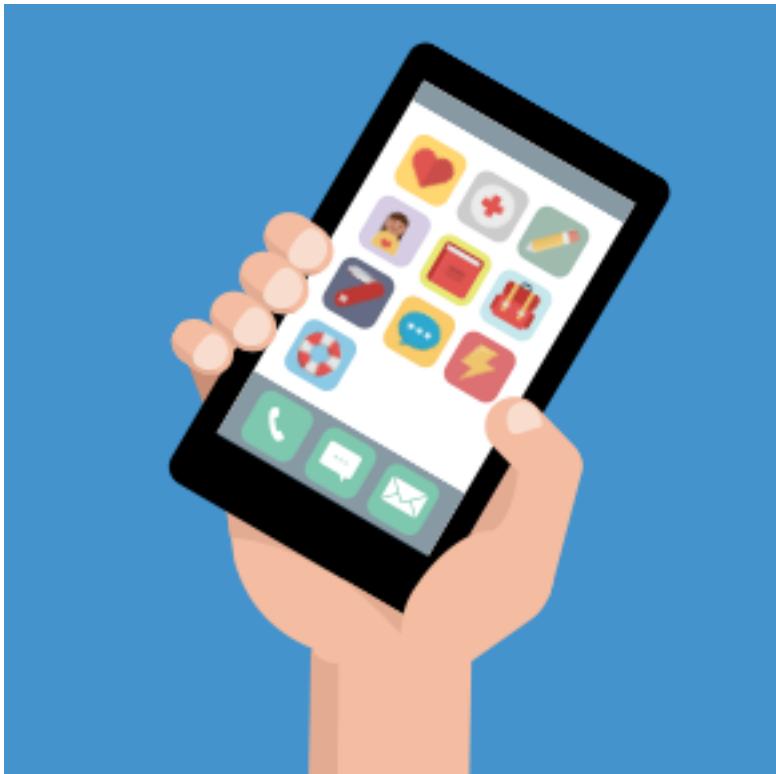
Business  
Cooperative Research  
Centres Programme



# BREAK UP SHAKE UP



# THE TOOLBOX



THE TOOLBOX ≡

**APPS FOR YOUR BRAIN & BODY**

Work out your goals,  
download the apps  
and track your progress

A collection of health  
and wellbeing apps  
endorsed by professionals  
and reviewed by people  
under 25

Don't know your goal ?

[START QUIZ](#)

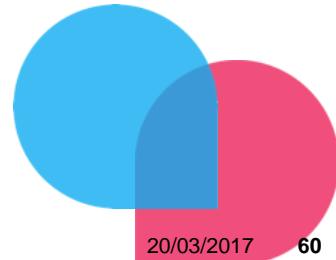
Know your goal ?

Type your goal 🔍

eg. Increase your energy

WANT SOME INSPIRATION ?

Remanerent urbe ventum quidem paucin



# SYNERGY BIOMETRICS

## Jawbone Up

YOUNGANDWELL CRC



An Australian Government Initiative



## UP – Tracker Required (UP/UP24/UP MOVE)

[View More by This Developer](#)

By Jawbone

Open iTunes to buy and download apps.



[View in iTunes](#)

### Description

There is a better version of you out there. Get UP and find it.

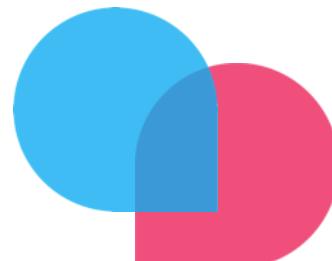
REQUIRES UP, UP24 OR UP MOVE TRACKER. NOT COMPATIBLE WITH UP2 OR UP3 TRACKER. USING A SINGLE UP ACCOUNT LOGIN WILL ENSURE THAT ALL OF YOUR DATA IS SYNCED, EVEN IF YOU USE MULTIPLE UP TRACKERS.

[Jawbone Web Site](#) ▶ [UP – Tracker Required \(UP/UP24/UP MOVE\) Support](#) ▶ [Application License Agreement](#) ▶ [...More](#)

### What's New in Version 4.6

- Bug fixes and performance improvements

\*\*Love UP? Let others know with a review on the App Store.\*\*



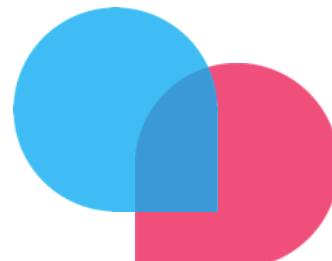
[INFO](#)[!\[\]\(bd5f98ff1e71f73f69aadd99259f23d0\_img.jpg\) CUSTOMIZE](#)[EXTRAS](#)

## The world's most advanced tracker.

Everyone has had a life-changing experience sometime. This is one of those times. UP3™ is simply the most advanced tracker you can buy. Its classic, durable design will stand the test of time. Multi-sensor technology adds breadth and accuracy to Smart Coach. Everything about UP3 says that the bar has been set higher. Wear one and go further.

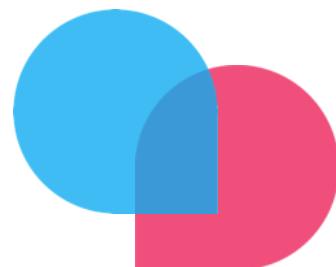
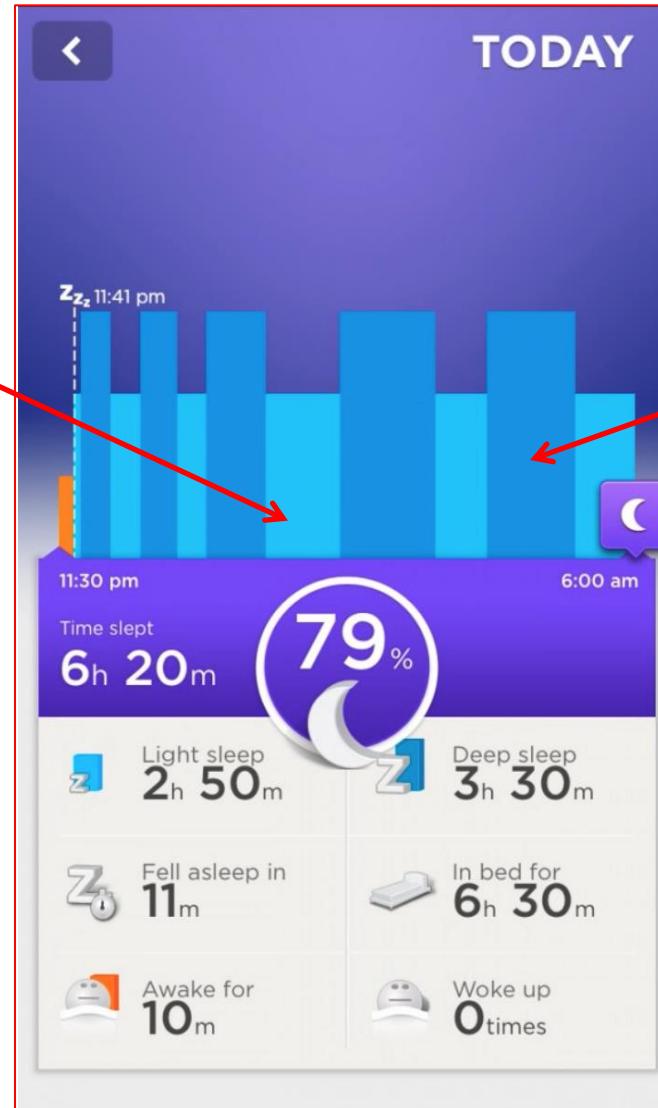


With Advanced Activity, Advanced Sleep, Food Logging, Smart Coach and Heart Health



Light sleep

REM sleep



# HAPPINESS CENTRAL

// Do you have a wellbeing plan?

## FitUniLife to thrive

Want to improve your health, wellbeing and social connectedness as well as participate more in University life?

Want to get fit, reduce drinking or smoking, improve personal relationships or make more friends? Want to change sleep patterns, get better quality sleep, broaden interests or even achieve better grades by improving study and time management techniques?

FitUniLife to thrive can help you realise such goals by recommending apps and e-tools that aim to change your behaviour and then track your progress along the way

 [Learn more](#)



Download on the [App Store](#) [Android APP ON Google play](#)

Powered by and in association with: 

FitUniLife to thrive features include:



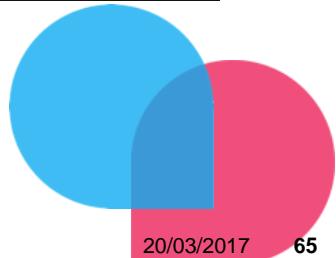
Create a profile



Set and achieve goals



Curated list of apps and e-tools



# EMENTAL HEALTH CLINIC

// Do you have a share plan?



Need Help Now?



## Welcome

to the eMental Health Clinic

What is the eMHC?

Is the eMHC for me?

FAQs

Resources

Help a friend

Not everyone can make it to see a doctor or mental health professional, or maybe you haven't reached that point, but would like some more information and assistance.

If you feel like you're not coping well with life or experiencing difficulties with your mental health, the eMHC might be right for you.

You'll need to login first to ensure your privacy. Then, by answering some questions you can get immediate feedback to improve your health and wellbeing.

Get Started

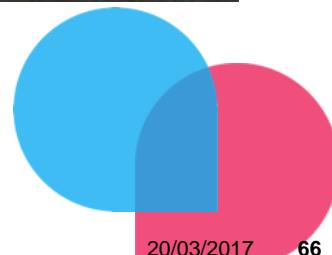


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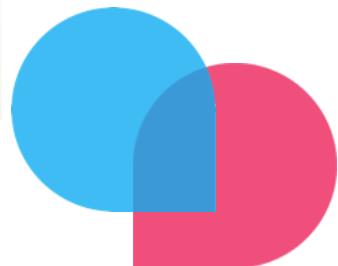


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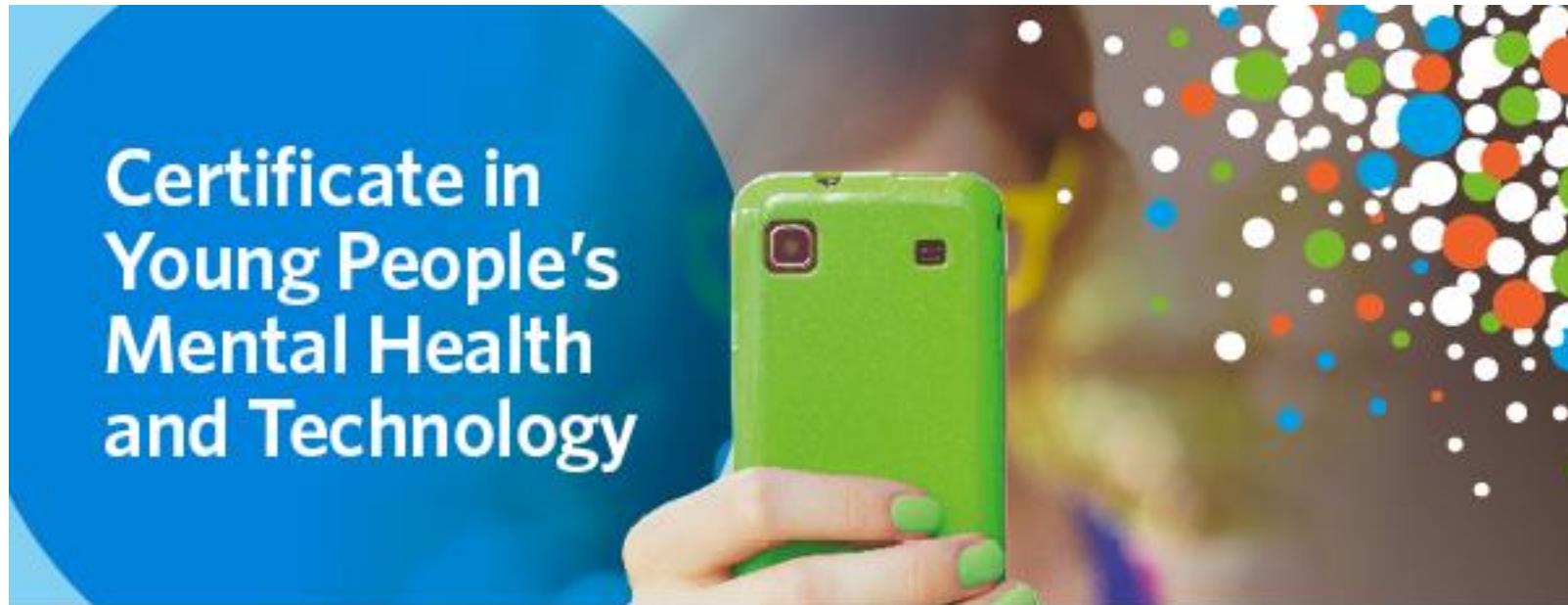
YOUNGANDWELL | University of Sydney



# Dr Michael Carr-Gregg



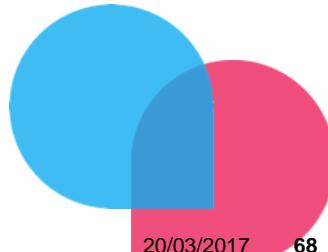
# CERTIFICATE



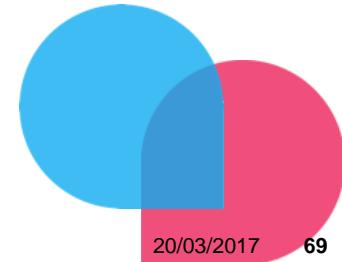
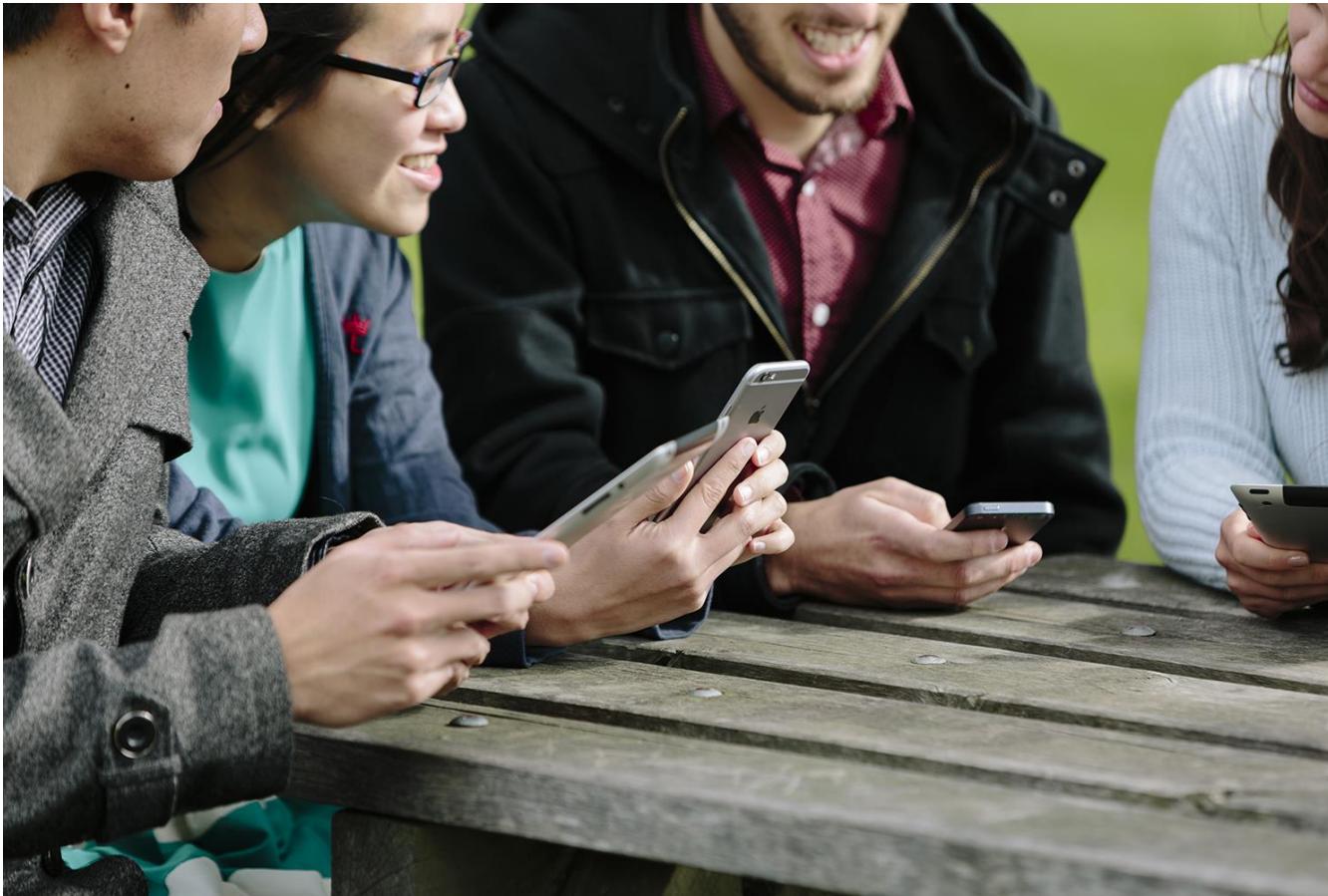
[orygen.org.au/ymhtech](http://orygen.org.au/ymhtech)

**Drygen**  
The National Centre of Excellence  
in Youth Mental Health

**YOUNGANDWELL**  
Cooperative Research Centre



# **REGISTER TODAY: School TV**



# School TV

Presented by Dr Michael Carr-Gregg



Dr Michael Carr-Gregg is the Managing Director of Digital Education and Training, and part of the Executive Team at the Young and Well CRC as well as lead content provider in the School TV video's.

Michael is one of Australia's most prominent child and adolescent psychologists, the author of nine best selling books and has also worked as an academic, researcher and political lobbyist. Michael supports School TV and understands the significant potential it has to act as a gateway to commencing and guiding conversations around the issues faced by parents, teachers and school principals in the digital age.

"Parents need to be alert, but not alarmed. It's about providing the knowledge and the skills they need to confidently manage their children's use of technology. Technologies have dramatically transformed our kids' relationships with one another, their families and communities."

Michael plays a key role in leading and implementing the Young and Well CRC's digital education program both in Australia and internationally, and works to extend the reach and impact of the Young and Well CRC's initiatives through collaborating with existing partners and building new relationships.

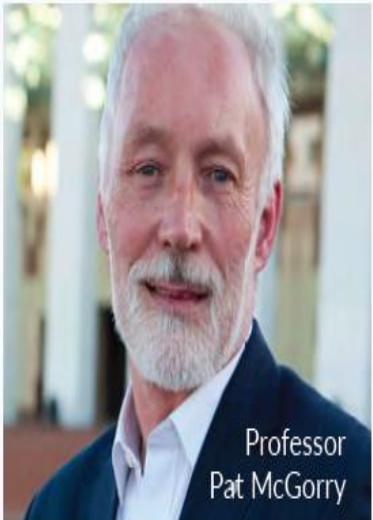
Michael's extensive use of technology in his clinical practice for the last five years gives him particular insight into the valuable role that technology can play in the diagnosis, treatment and prevention of mental health problems in young people.



# Content contributors from leading specialists

## Some of the people behind School TV

Some of Australia's leading academics, specialists and authorities in youth health and well being will contribute to School TV. The latest research and practical, real-life guidance will form high value content for parents and educators alike.



Professor  
Pat McGorry



Dr Michael Carr-Gregg



Associate Professor  
Jane Burns



Dr Melissa Weinberg

“ School TV connects some of Australia's leading specialists directly with parents and educators providing credible guidance and insight into modern day parenting... ”



Professor  
Ian Hickie

20/03/2017

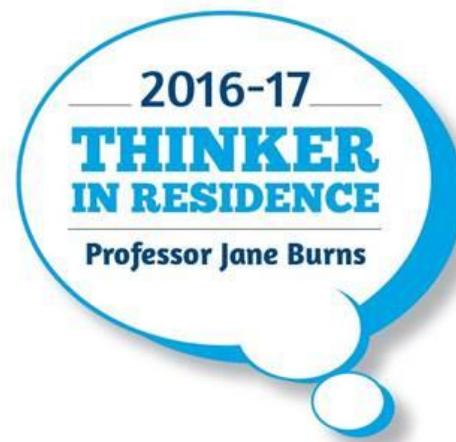
# Technologies as part of an integrated youth mental health system will help Australia lead the way in the sector.



- **Follow us on Twitter:** @yawcrc
- **Like us on Facebook:** [www.facebook.com/yawcrc](https://www.facebook.com/yawcrc)
- **Join our network:** [www.youngandwellcrc.org.au](http://www.youngandwellcrc.org.au)



Commissioner for Children and Young People  
Western Australia

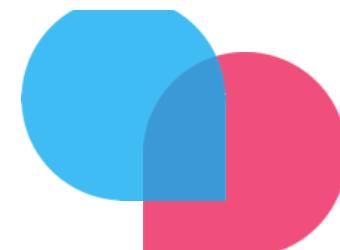


## Thank you to our partners

RioTinto

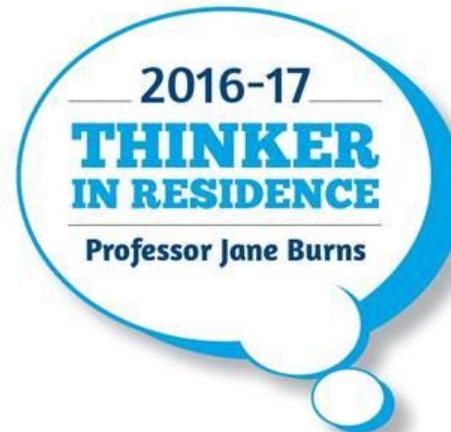


Department of Education  
Child and Adolescent Health Service  
Department for Child Protection and Family Support  
Mental Health Commission





Commissioner for Children and Young People  
Western Australia



## Find out more

Website [www.ccyp.wa.gov.au](http://www.ccyp.wa.gov.au)

Twitter @CCYPWA #CCYPTthinker

## Let us know what you think

Please complete a feedback form or  
email [info@ccyp.wa.gov.au](mailto:info@ccyp.wa.gov.au)

