

FOR YOUNG PEOPLE

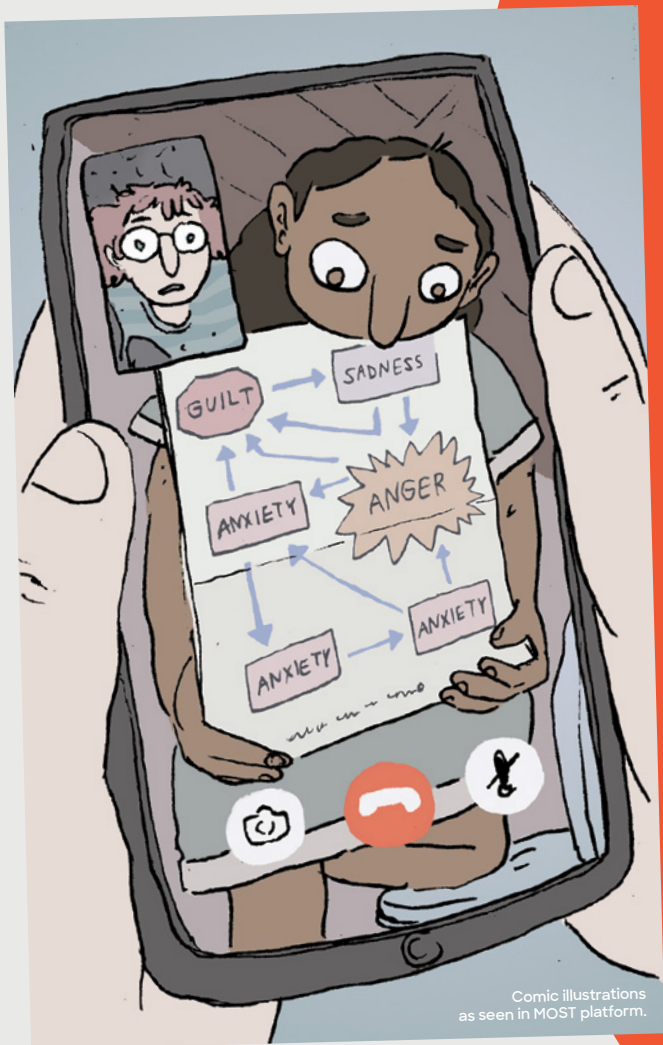
MOST

Moderated Online Social Therapy

Digital therapy
integrated with
face-to-face care
for young people
aged 15-25.

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Comic illustrations
as seen in MOST platform.

ON MOST YOU CAN:

- ✓ Learn about your thoughts and feelings
- ✓ Feel calmer and more focussed
- ✓ Identify your strengths and values
- ✓ Build your support network
- ✓ Seek help when you need it

"I think it is truly life changing. Having so many options to get help all in the one place is amazing."

MOST USER



BREATHE INTO THE
SENSATIONS.
MAKE SPACE FOR THE
EMOTION.
ACCEPT ITS PRESENCE
FOR NOW.



ONLINE THERAPY THAT IS MEANINGFUL AND INSPIRING



MOST therapy is based on the latest scientific research. Work through it at your own pace, with support when you need it.

FIND AND KEEP STRATEGIES THAT WORK FOR YOU



Your Toolkit is a collection of tips, tricks and strategies collected by you as you work through the therapy. They're the things you love, the things you know work for you.

BE SUPPORTED WHEN YOU NEED IT



MOST is available to people on the waitlist for face-to-face services, people currently using mental health services, and people who have finished regular therapy. On MOST you'll have an online clinician who helps you track your progress. They can also work with your regular face-to-face clinician (if you're currently seeing one).

SUPPORT ON YOUR TERMS

MOST gives you a mental health program just for you, with hundreds of personalised, proven strategies to cope with difficult times and help you feel better. Get support from clinicians, peer workers, and even employment experts – and there's a safe online network to connect with, if you want to!

SIGN UP TO MOST

If you're aged between 15 and 25 ask your clinician about a referral to MOST.



SIGHT



TOUCH



TASTE



SELF-SOOTHING

SOUND



SMELL



“I want to know what real everyday people do. Not a social media influencer, just the person on the other side of the road. What do they do?”

MOST USER



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GET IN TOUCH

EMAIL HELLOMOST@ORYGEN.ORG.AU

ORYGEN.ORG.AU/HELLOMOST

Orygen acknowledges the Traditional Owners of the lands we are on and pays respect to their Elders past and present. Orygen recognises and respects their cultural heritage, beliefs and relationships to Country, which continue to be important to the First Nations people living today.