

Digital mental health support for young people – when and where they need it

MOST is a free digital therapy service that provides on-demand support to young people experiencing mental ill-health.

- ✓ MOST enables real-life recovery for young people
- ✓ MOST enhances face-to-face care for clinicians
- ✓ MOST extends access to quality care for youth mental health services



From research → to real life clinical care, around the world

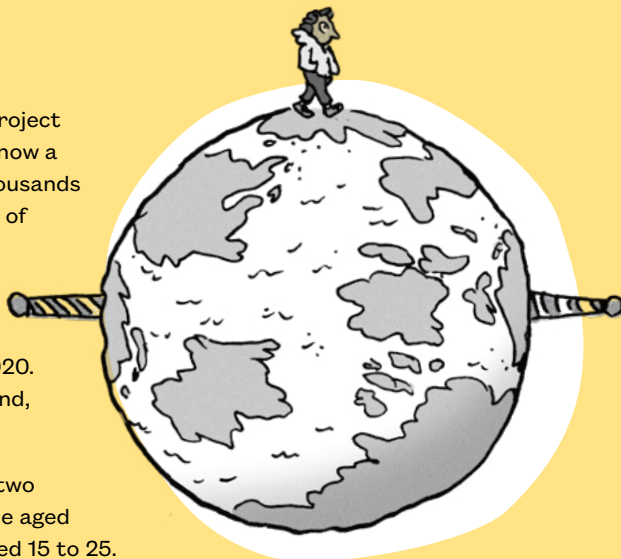
MOST began as a research project more than a decade ago. It's now a digital service supporting thousands of young people across much of Australia's east coast and internationally.

MOST launched in clinical services in Victoria in mid-2020. It's now available in Queensland, and New South Wales.

MOST digital therapy offers two services, one for young people aged 12 to 14 and one for those aged 15 to 25.

Our partnerships with organisations like the Australian Catholic University support an additional six Australian trials using MOST as a foundation.

Overseas, we have partners using MOST in the United States, Canada, Ireland and the Netherlands.



Illustrations by **Marc Pearson**



I felt more relaxed,
calm, knowing that I
don't need to go through
this all alone.

MOST USER

Introducing MOST – the digital mental health service meeting young people on their terms

MOST provides on-demand support to young people experiencing mental ill-health. It offers self-directed therapeutic content, safe, moderated online community discussions, and access to a community of clinical and vocational experts and peers so they have real people to talk to and helpful information they can work through in their own time.

MOST is available through participating youth mental health services, supporting young people before, during, in-between and after face-to-face care.

Young people may move in and out of face-to-face therapy on their mental health journey, but MOST continues to support them no matter where they are or what help they seek.



Online support with real people



Tailored therapy journeys



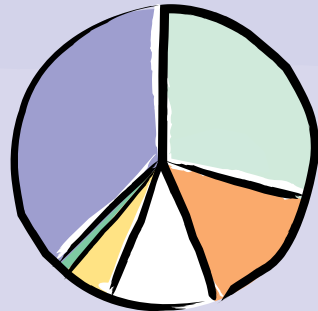
A social network with a difference



A personalised library of tools

56,295

therapeutic activities completed by young people on MOST



Therapy journeys taken by young people on MOST

- 38% Find your calm
- 29% Improve your mood
- 15% Social hacks
- 12% Find your confidence
- 5% Improve your sleep
- 1% All things work and study

Harnessing digital technology to transform youth mental health services

MOST – Moderated Online Social Therapy – is a multi-award-winning digital therapy service developed by Orygen Digital, the technology division of Orygen, Australia’s National Centre of Excellence and global leader in youth mental health research and clinical care.

Our work connects the best of research, innovation, technology, creativity and clinical care to revolutionise youth mental health services and promote long-term recovery in young people experiencing mental ill-health.



Want to know more about MOST? Get in touch hellomost@orygen.org.au



MOST / *orygen* Digital



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