
ENHANCING YOUTH MENTAL HEALTH WITH INNOVATIVE DIGITAL SOLUTIONS

MEET MOST AND MELLO

Improving young people's mental health and wellbeing, and increasing access to mental health services, has been at the heart of Orygen's mission for over 30 years.

Exploring technology's role in meeting that mission is the responsibility of Orygen Digital. The technology division's work with existing and emerging technologies – from digital apps through to extended reality – is transforming the delivery of youth mental health care.

We now have two digital mental health products – MOST and Mello – that have gone from research to real life support for young people experiencing mental ill-health.

Here's how they each help young people.

MEET MOST: HUMAN SUPPORT AT THE HEART OF A DIGITAL SOLUTION

MOST is a digital mental health service for young people aged 12 to 25. It's delivered in partnership with participating youth mental health services around Australia.

MOST offers young people free digital access to professional one-on-one support from clinicians, career consultants, and peer workers with lived experience of mental-ill health; access to a safe and supportive community of other young people; research-based therapeutic journeys and a library of content on a range of relevant topics.

Young people get to choose how and when they access MOST's supports: guided by the MOST clinical team, with recommendations from their in-person clinician, or self-directed whenever it's needed.

Why was MOST developed?

MOST was designed to responsively integrate a digital intervention with face-to-face clinical support to complement current mental health services across all phases of treatment – before, during and after care.

MOST allows clinical services to extend access to quality care. It gives clinicians additional tools and support to guide young people to recovery.

Created by a team of leading youth mental health experts and young people with lived experience of mental ill-health, MOST has more than 12 years of research, development

and clinical trials behind it. [Discover the science behind MOST.](#)

How do you get MOST?

A referral from a [participating youth mental health service](#) is needed to access MOST. This allows a young person to create a personal MOST account that gives them access via the MOST app to evidence-based therapeutic content, real support from real people, and a safe social network of peers.

Why is it unique?

Unlike other digital offerings, MOST is a responsive digital mental health service designed to work hand-in-hand with face-to-face services.

MOST can be part of a digitally enhanced care approach used by young people with their clinician, or it can deliver standalone support to young people when they need it – including while they wait to see a mental health clinician, between sessions and after their discharge from a face-to-face service.

Learn more: most.org.au

MOST / The logo for Orygen Digital, featuring the word "orygen" in a red, lowercase, handwritten-style font, with "Digital" in a red, uppercase, sans-serif font below it.

MEET MELLO: UNWIND YOUR MIND

Mello is a free mental health app helping young minds break free from negative thinking loops.

Designed with and for young people aged 16-25, Mello offers effective, evidence-based tools to target worry and rumination, also known as 'stuck thinking', the underlying cause of anxiety, depression and many other mental health conditions.

Mello combines real psychological treatments like CBT, ACT, MCT, MBCT and DBT to provide effective relief from stuck thinking when they're experiencing it. It also helps them build long term skills to proactively manage their mental health in the future.

In clinical trials, Mello was shown to help 8 in 10 young people reduce anxiety and depression.

Why was Mello developed?

Our researchers and psychologists have been working with young people to bring Mello to life since 2019.

Our psychologists identified a recurring problem - young people were getting stuck in negative thought spirals and needed extra help to break out of these spirals when they weren't in clinical sessions.

We took this idea and worked with young people through focus groups, clinical trials, consultations and app testing to create what we now call Mello.

While clinical trials have been conducted on people aged 16-25, people outside this age may also benefit from using Mello.

[Learn more about the science behind Mello.](#)

How do you get Mello?

You can download Mello from the [Apple App](#) and [Google Play](#) stores.

Why is it unique?

Mello is the world's first tailored, evidence-backed therapeutic intervention designed to break the cycle of negative thoughts.

Having young people involved at every stage of the development process has allowed us to push the boundaries of mental health care as we strive to create the most effective mental health tools for young minds.

Learn more: mello.org.au

