

**MOST** / *young* Digital

# Get mental health support when and where you need it

MOST is a free digital mental  
health service for young  
people aged 12 – 25



↪ MOST gives you  
online tools and  
support to get back  
on track with the  
things that matter  
- like friends, mental  
health, work and study.



# MOST gives you



Online support with real people



Tailored therapy journeys



A social network with a difference

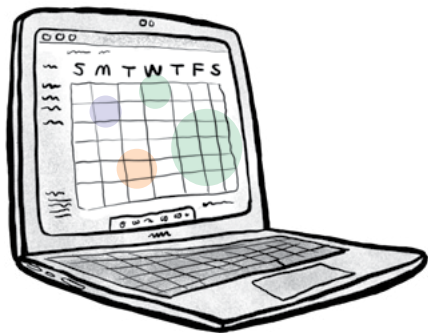


A personalised library of tools

MOST has small bites of therapeutic content served up as cartoons, activities and practical strategies that work – all available online, when and where they're needed.

There are journeys to help you improve your mood, improve your sleep, find your confidence, find your calm, explore social hacks and sort out all things work and study.

If you need it, connect with peer support on MOST's online community. It's a safe social network of young people who get it, and peers who've been through it. On MOST you can feel safe to react, contribute and post about your world (only if you want to).



## With MOST, we've made getting support on your terms easier.

MOST is designed to give you help before, during, in-between and after face-to-face sessions.

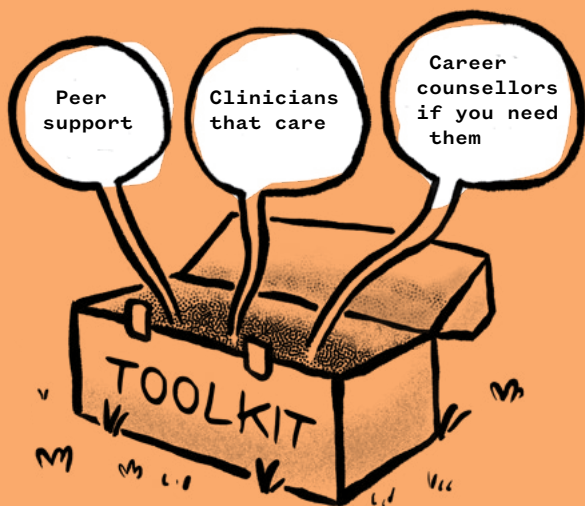
You need a clinician to get you connected, but then MOST's available whether or not you stay with the service for your care.

# How MOST works

MOST provides on-demand support to young people experiencing mental ill-health.

It connects you to a blend of online tools and real support from real people.

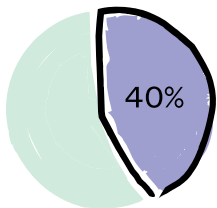
Get tips and strategies that work – in a personal program to work through in your own time – plus access to clinical and career experts and a peer support team with their own lived experiences.





**Our team is ready to support you by...**

- making sense of what's going on for you
- guiding you along your online therapy journey
- personalising content to your needs
- working alongside your offline clinician
- helping you recognise your skills and strengths
- linking you with a peer worker to chat with someone who gets it
- helping you navigate work, study and career



40% of young people  
experience mental ill-health  
every year



COVID has increased  
feelings of social isolation

**Get access to online  
mental health support  
– and real people – to  
help you through life's  
challenging moments,  
right when you need it.**

# Get connected to MOST

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

Ask about MOST at your participating youth mental health service and get connected today.



Get in touch  
[hellomost@orygen.org.au](mailto:hellomost@orygen.org.au)  
[orygen.org.au/hellomost](http://orygen.org.au/hellomost)

**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.