

↪ **MOST:
Mental health
support when and
where you need it.**

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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.



Artwork by Emrhan Tjapanangka Sultan, Luritja clan of the Western Desert
From the painting 'Honey ants and the rivers of hope to sharing knowledge', 2018

Why we're here today



What is **MOST**?



Who is MOST for



How to **access MOST**



What does **MOST offer**



What is the **impact of MOST.**

What is MOST?

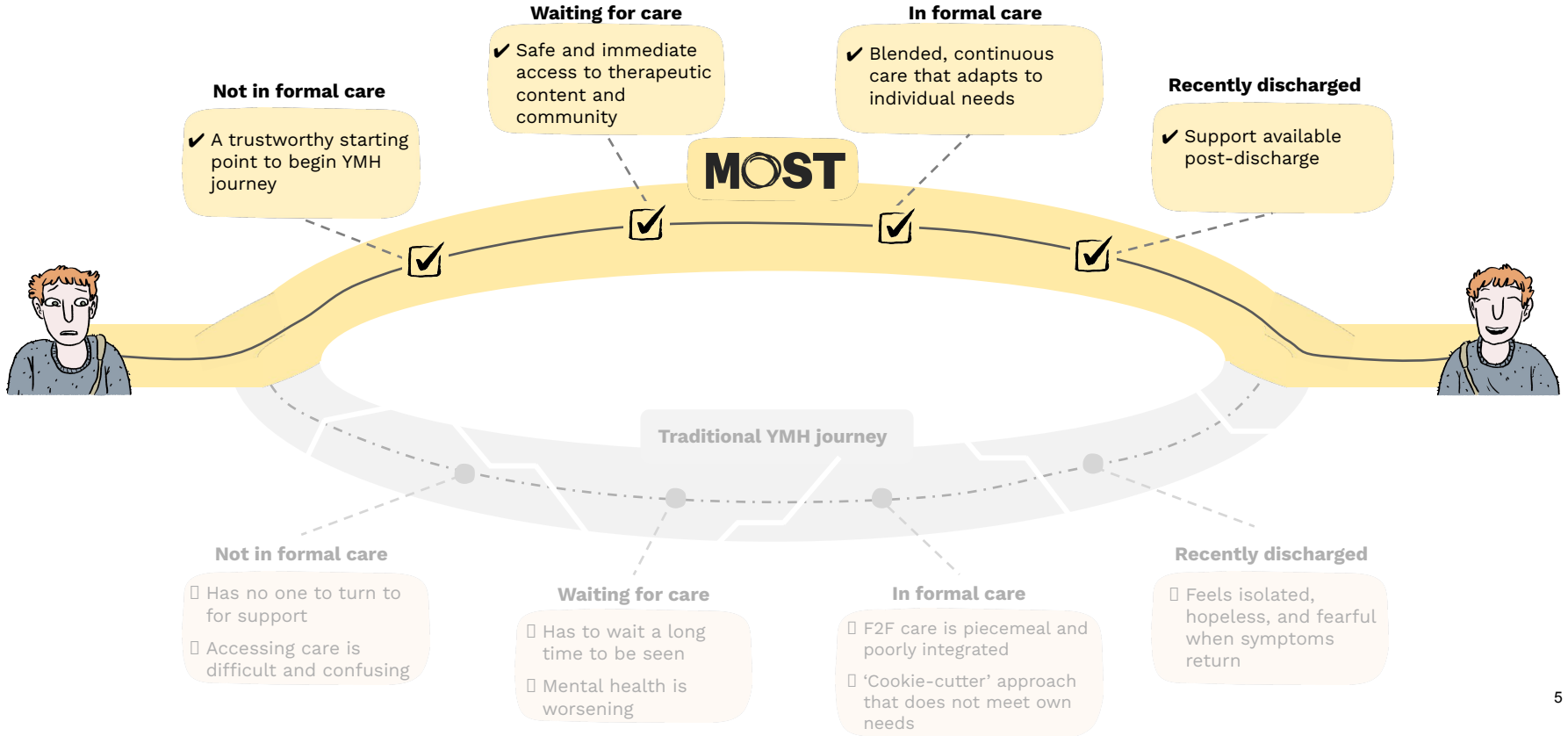
MOST is a **safe, digital mental health service for young people aged 12 to 25**, designed with and for young people with mental health concerns.

MOST is **free to use** and Young People in the ACT **can be referred to MOST** from one of partnering mental health services.

Young people aged 15-25 are also able to sign up to MOST without a referral online or via the MOST app available on Apple and Android.



MOST offers young people continuous mental health care that meets their evolving needs throughout their journey



What is on MOST?


MOST has four key components:

Access tailored therapy journeys


Build a personalised therapy toolkit

Get support online from the MOST team


Support each other on the 'Community'

Your Journey 


Your suggested Journey





Improve your sleep





All Things Work and Study


Toolkit 


Getting Back Into Life 


Comic 

Reflect 

Experiment 


Learn 


Talking point 


Messages 

It was OK. I *tried* to remember to use the tips you gave me last time! 😊 Alex
09/09/23 4:49 pm



Asa
That's great. It can be hard but it'll become habit if you stick with it.
09/09/23 4:49 pm

Community 

one else struggling with anxiety, have a listen 

Logie - Anxiety (Official Audi... 

Ahmed
2 days ago
got a job interview... tomorrow!! kind of panicking but also yeeeeeahhhh!

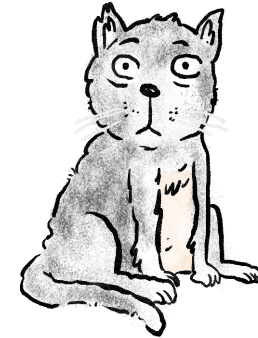
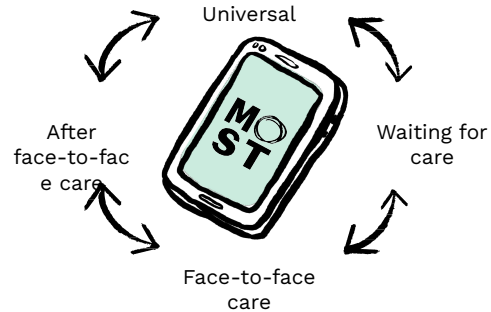
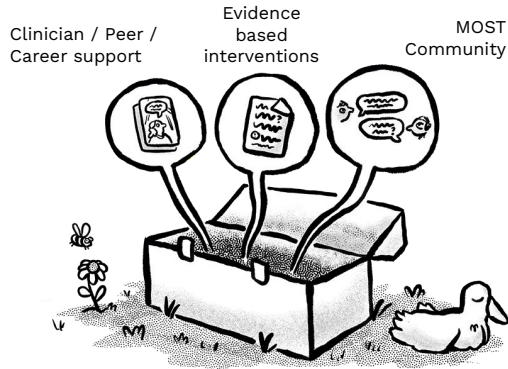
 

A Social Network with a Difference



What makes MOST Unique?

Unlike other mental health services, MOST is designed specifically by and for young people with demonstrated integration capabilities and backed by the best psychological science and proven technology.



Young people love it as a one-stop-shop for their mental health care and engage continuously on the platform

MOST integrates with the YMH system across all phases and levels of care – and moves through the system with them

MOST is a blended clinical tool with a strong evidence-base co-designed by young people for young people

Who MOST supports and how

MOST is designed with and for young people with mental health concerns, including those with **mild, moderate and severe mental health needs**.

MOST is a service that **responds to risk but is not a crisis support service**.

MOST clinicians monitor and manage **risk on the platform** and support Young People to link with face to face supports when needed.

Young people on MOST are recommended types of care and can **use it as they prefer, at their own pace** until the turn **26**.

Participating service Clinicians are able to use MOST as **part of their care**, with their own clinician accounts.



Impact and evidence base

MOST has been developed and evaluated through over fifteen years of trials and used by thousands of young people as a live service with positive results.



20,000+

young people
have used MOST
across Australia



Multi award
winning clinical
service and
research program

46%

Improvement in
anxiety symptoms
for ACT Young
People

69%

of ACT users
reported they felt
better since using
MOST



**Accredited
Service Provider**

National Safety and Quality
Digital Mental Health Standards

Meets the highest
standards for
digital mental
health services

49%

Improvement in
depression
symptoms for ACT
Young People.

97%

Of ACT users
felt safe

90%

Of ACT users
would recommend
to others

MOST case study

Meet Jay*, 20
(he/him)



*Not his real name

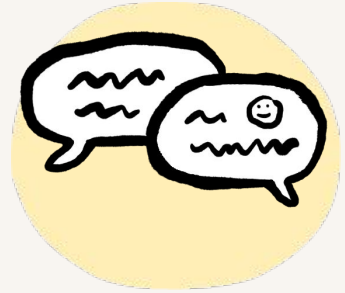
Presenting issues

Jay was referred to MOST in September 2023 when approaching discharge from his treating service. Jay had a long history of struggles with depression and anxiety as well as a diagnosis of ASD level 2.

Jay was seeking some transitional support for his anxiety and depression while moving on from his face-to-face service as well as some support around study options and entering the

MOST engagement and support

- Jay engaged with a clinician on MOST where he was supported with strategies to manage his anxiety and depression.
- Jay also engaged with a career consultant on MOST for support exploring course options at CIT. He re-engaged with a career consultant in 2025 for support applying for work.
- Jay was an active member on the MOST social community, reflecting on his own experiences and speaking with other young people. He reported to really like this aspect of MOST as it validated his experiences and helped him feel more connected.



Here's what other Young People have said about MOST



“MOST is one of the **best ideas** someone has ever come up with **for people with mental health problems.**”

- MOST user

“I **have quickly fallen in love with the MOST platform**, just scrolling through the chat was so heartwarming. Please know that what you, and everyone involved are doing, is phenomenal, absolutely phenomenal.”

- MOST user



“I like how accessible it is that you can always come back and pick up where you dropped off from at any time of day and how interactive it is – like **social media but for your wellbeing.**”

- MOST user



Thank you!

Got questions? Get in touch or drop in the chat and we'll get back to you after the session today.

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