

FOR YOUNG PEOPLE  
AGED 12-14

MOST

## Mental health support for young people aged 12 to 14

Blending digital  
therapy with  
face-to-face  
care at your  
specialist service.

oxygen | DIGITAL





## **MOST GIVES YOUNG PEOPLE AGED 12 TO 14 ACCESS TO DIGITAL THERAPY CREATED JUST FOR YOU.**

It works hand-in-hand with your care at participating specialist youth mental health services.

If you've been referred as part of your treatment, welcome!

On MOST you can connect with clinicians, peer mentors and career counsellors.

You also have the option of joining a safe and supportive social network of other young people like you.

When you join MOST, you'll have access to heaps of helpful strategies matched to you - so you can understand what you're experiencing and feel better.

You can access MOST anytime, anywhere on a phone or other device.



## WHAT CAN I EXPECT ON MOST?



- ✓ If your specialist clinician recommends MOST\* as part of treatment, your parent or guardian needs to provide permission for you to participate.
- ✓ Parents and guardians are encouraged to chat with the MOST team when you first join. After that they'll be given general updates on how you're using the resources on MOST.
- ✓ MOST is supervised and monitored by clinical staff to keep you safe on the platform.
- ✓ MOST is there to give you extra support while you're meeting with your specialist service team. Your specialist service case manager remains responsible for your treatment and overall support.

\* MOST stands for Moderated Online Social Therapy



“My role is to start with a welcome call with the young person and their family to introduce what MOST is all about. This can be in conjunction with their face-to face-clinician and we look at their treatment goals and work out what’s going to be best for them.”

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KATE, MOST CLINICIAN

## WHO'S ON MOST?

On MOST, you'll find clinicians, peer mentors and career counsellors all working together to improve the mental health of a young person in their care.

For young people participating in the social network, you can support each other on your recovery journey, under the guidance of peer mentors and clinicians.

By blending digital therapy with in-person consultations, we're making sure you get the help you need, when you need it – and in a way that is fun and engaging.

**“It's a closed space... so it's safe, and there's also clinical staff just making sure that it feels safe for everyone, too.”**

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**BEN, CLINICIAN  
REFERRING TO MOST**







**MOST THERAPY HELPS YOU  
NAVIGATE THE ISSUES THAT  
MEAN THE MOST TO YOU.**

You can select a topic that's troubling you right now, or save your favourite and most helpful tips in a personal tool kit to use again.

There are guided therapy journeys and lots of proven strategies to help you when you're feeling down, having trouble sleeping, feeling anxious, or maybe awkward - at your own pace, on your terms.

**MOST GIVES YOU  
A MENTAL HEALTH  
PROGRAM JUST  
FOR YOU!**



**ASK YOUR  
SPECIALIST  
CLINICIAN FOR  
A REFERRAL  
TODAY.**



**INNOVATION  
IN MIND** *orygen* | DIGITAL



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**GET IN TOUCH**

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**ORYGEN.ORG.AU/HELLOMOST**

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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 their Country, which continue to be important to First Nations people living today.