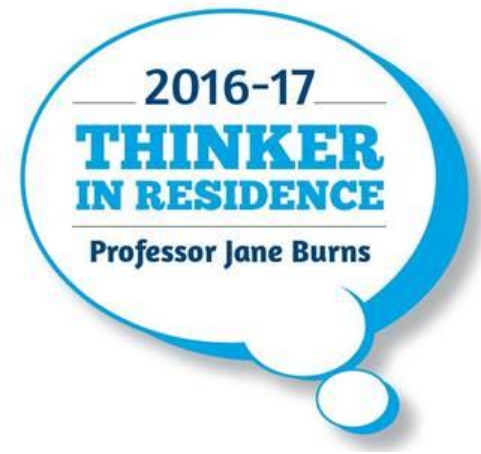




Commissioner for Children and Young People
Western Australia



Using technology and social and media for student mental health and wellbeing: Key evidence-based tools and apps for students

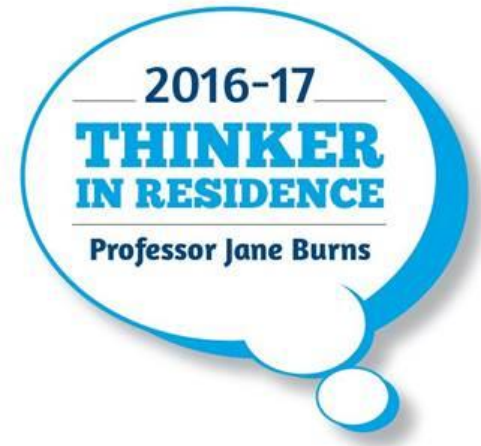
Department of Education

14 March 2017





Commissioner for Children and Young People
Western Australia



Professor Jane Burns

2016-17 Thinker in Residence






21st Century Mental Health

// Safe. Healthy. Resilient.

YOUNGANDWELL^{CRC}

LEGACY OF THE YOUNG AND WELL CRC

A photograph of three young people, two women and one man, looking at a smartphone together. The man is in the center, holding the phone. The woman on the left is pointing at the screen. The woman on the right is also looking at the phone. They are all smiling and appear to be engaged in a collaborative activity. The background is blurred, suggesting an outdoor setting.

Australia-based, international research centre.

75+ partner organisations.

Researchers, practitioners, policy-makers and innovators across the academic, non-for-profit, government and corporate sectors.

Working in partnership with young people.

Exploring new technologies to promote cybersafety, mental health and wellbeing.

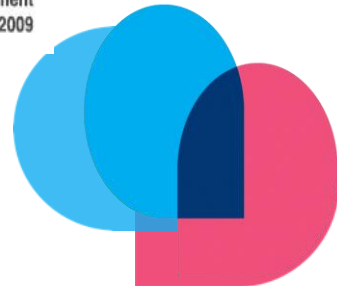
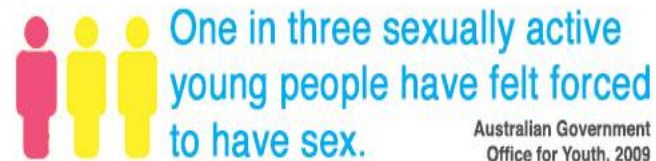
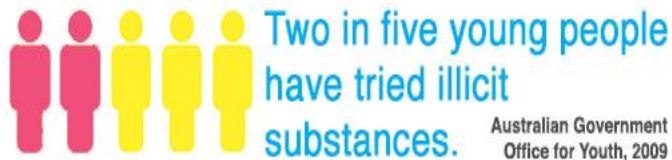
Three research programs.

Part of the Australian Government's Cooperative Research Centres Program, tackling challenges requiring medium to long-term collaborative efforts.

// THE CURRENT SITUATION

Suicide is the leading cause of death for young people aged 15 to 24 years.

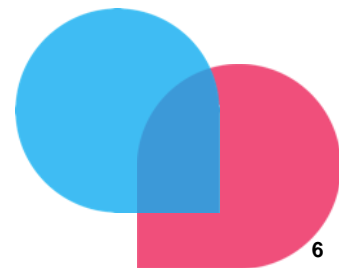
ABS, 2008



What does the latest research say?

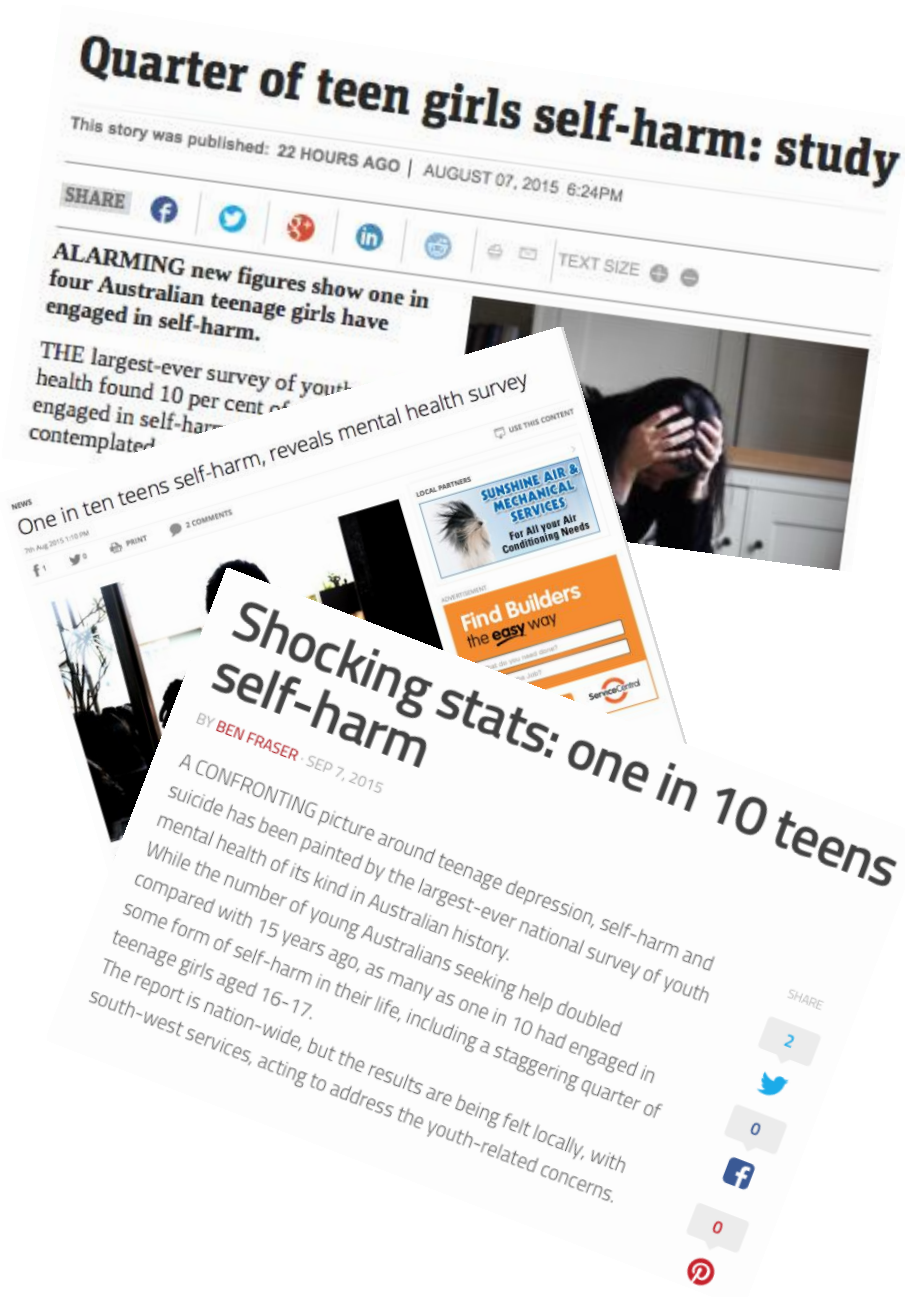


<http://www.health.gov.au/internet/main/publishing.nsf/Content/mental-pubs-m-child2>



Current situation

- Largest-ever survey of youth mental health
- The two-year survey of 6300 families
- 1 in 7 children experienced a mental disorder
- 1 in 10 self harming
- 15% of 16-17 year old girls suicidal ideation
- One in 40 actually attempted it.



Conclusion about current situation

The Sydney Morning Herald
National

or without enough
Bonus Points*
for 4 return flights from Sydney
AMERICAN EXPRESS
Platinum Business Card

Investigations Interactives Health Education Public Service News World War 1 Centenary Clique P

You are here: Home » National » Health »

Groundbreaking Australian study finds thousands of children and teenagers suffer mental illness

August 7, 2015 [Read later](#)

 **Amy Corderoy**
Health Editor, Sydney Morning Herald
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Suffering in silence: children may not tell their parents about their mental anguish. Photo: iStock

Hundreds of thousands of Australian children and teenagers are experiencing serious mental health issues, but many parents have no idea what is going on, according to a groundbreaking national survey.

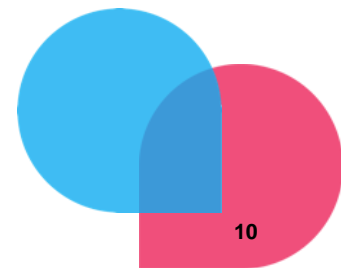
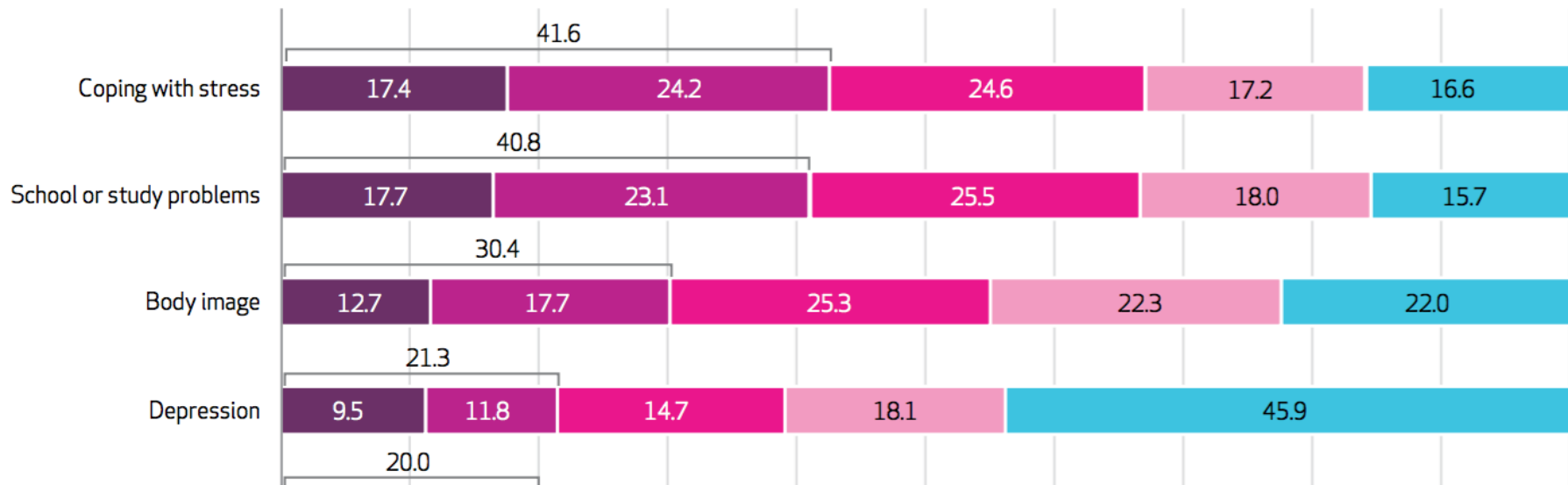
- Situation hasn't changed much since last survey
- If we keep doing the same thing...
- Only a small number of young people actively manage their wellbeing or engage in early help-seeking behaviour
- Technology may hold the answer

Youth Survey 2014



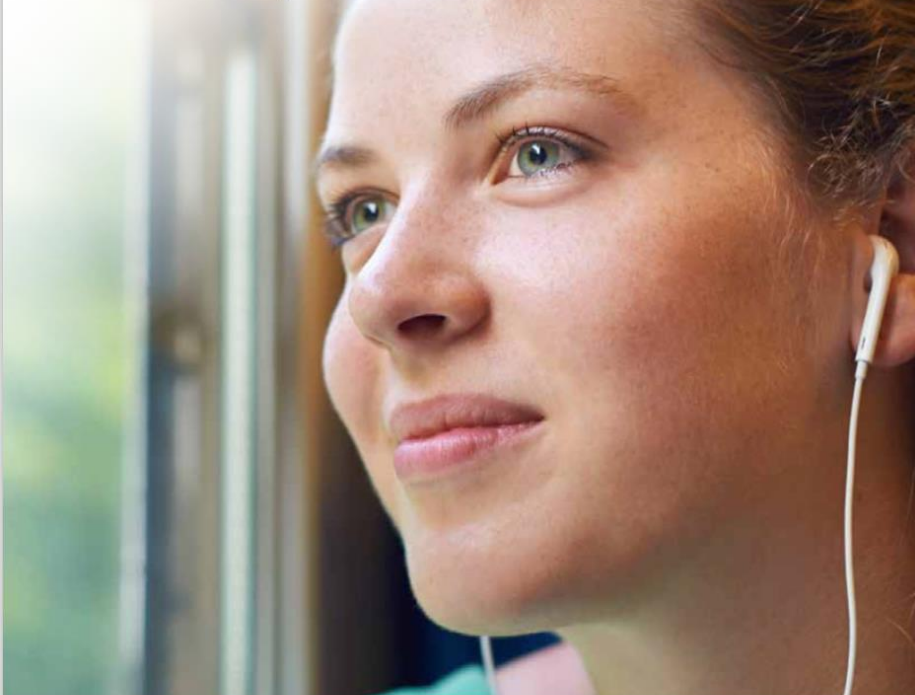
MISSION
AUSTRALIA | together
we stand

Results: Issues of personal concern to young people 2014



Young people's mental health over the years

Youth Survey 2012-14

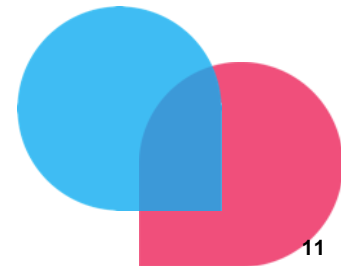


MISSION
AUSTRALIA | together
we stand

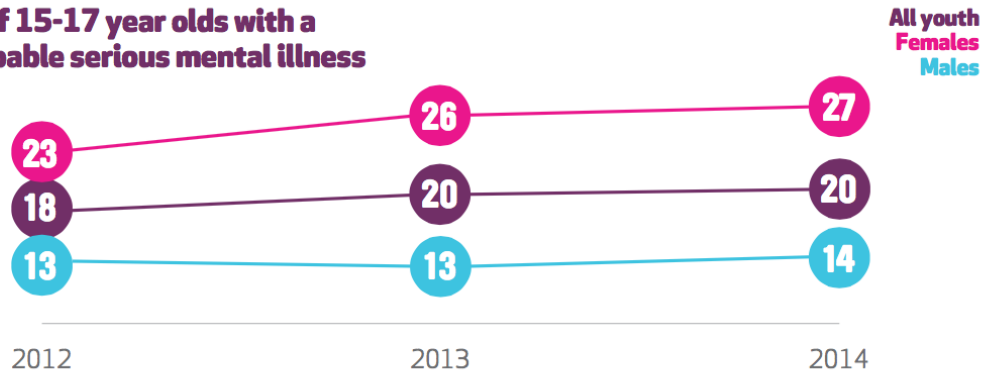
In association with



Black Dog
Institute



% of 15-17 year olds with a probable serious mental illness

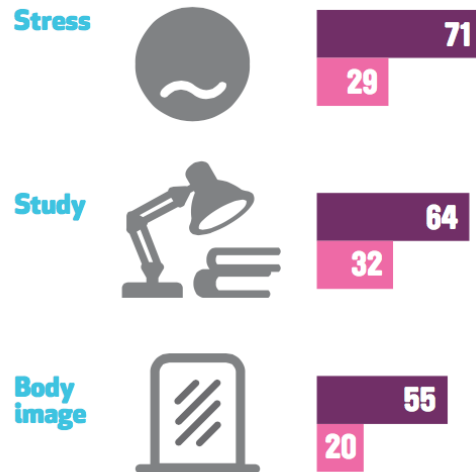


Differences between young people

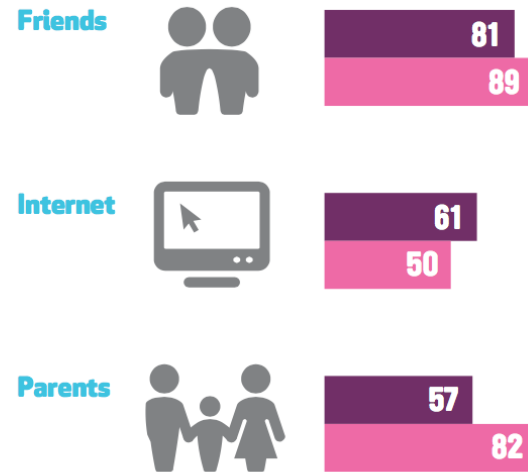
WITH a probable serious mental illness

WITHOUT a probable serious mental illness

% of 15-17 year olds who are personally concerned about:



% of 15-17 year olds who would seek help from:



Self Harm Amongst Australia's Youth

Orygen, The National Centre of Excellence in Youth Mental Health 2016



In 2013-14 over **9000** young people were hospitalised due to self harm

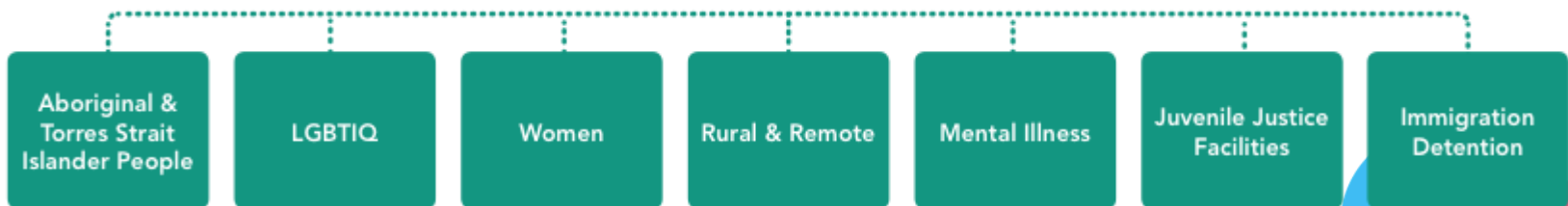
Hospitalisation rates for **Women** are Nearly **2.5 time** higher than Men 

INDIGENOUS AUSTRALIANS aged 15-24 are **5 TIMES MORE** likely to be hospitalised

1 in 10 young people have engaged in self harming behaviour



At risk groups of young people



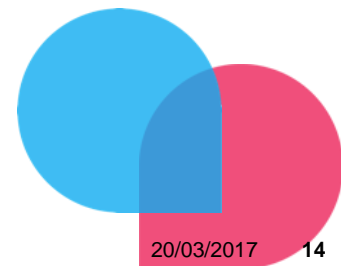
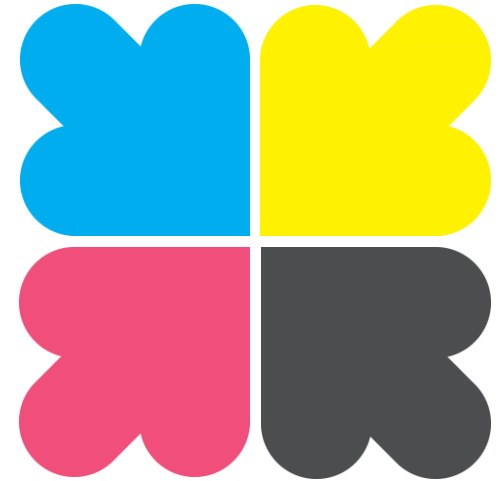
THE OPPORTUNITY

75% of mental illness emerges before age 25
(Kessler, 2005).

80% males and **70%** females aged 16 to 24 do not seek help
(Australian Bureau of Statistics, 2008, National Survey of Mental Health and Wellbeing: Summary of Results, 2007. Cat No 4326.0).

99% of young people are online daily
(Young and Well National Survey, 2012).

The combination of these factors present a unique opportunity to use technologies to enhance mental health and wellbeing.



HOW YOUNG PEOPLE USE THE INTERNET

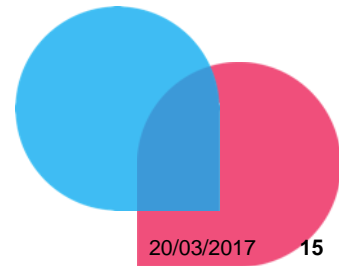
“Almost all Young Australians are online everyday or almost everyday”

99% of Australian young people
16-25 use the internet

95% Use everyday or almost
everyday



Most are online **2-4 hrs** a day | but about **20%** are online **5+hrs**



HOW YOUNG PEOPLE USE THE INTERNET

Most access internet via



SMART PHONE



OWN LAPTOP



OTHER HANDHELD
PORTABLE DEVICE



A SHARED DESK-
TOP COMPUTER

When at



HOME IN THEIR
BEDROOM



HOME IN THEIR
LIVING ROOM



SCHOOL/TAFE/
TERTIARY INSTITUTION



OTHER PUBLIC
PLACE

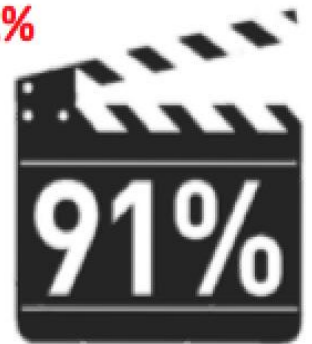
2015

TECHNOSAPIENS:
MODERN
MAN IN THE
DIGITAL AGE

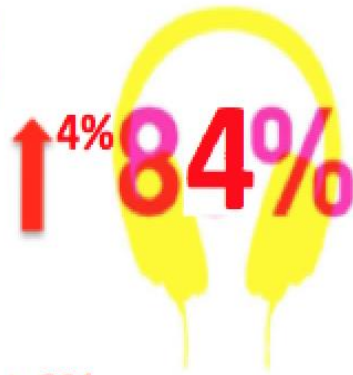
USE EBAY
OR INTERNET
SHOPPING

58%

72% ↑ 2%
READ OR
WATCH NEWS



WATCH OR
DOWNLOAD/
UPLOAD VIDEOS



↑ 4% 84%

LISTEN TO OR
DOWNLOAD/
UPLOAD MUSIC

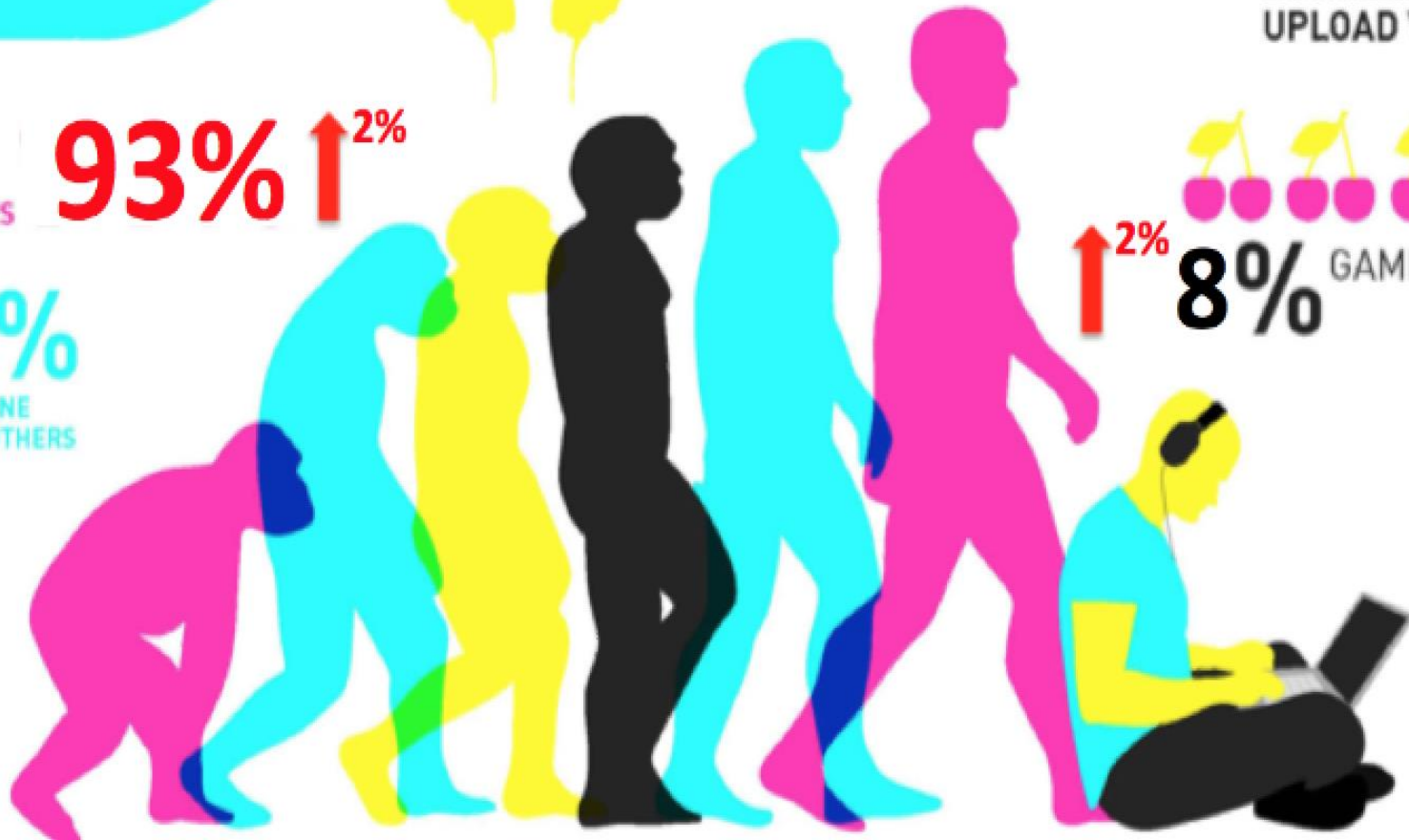
ACCESS
SOCIAL
MEDIA
WEBSITES

93% ↑ 2%

59%
GAME ALONE
OR WITH OTHERS

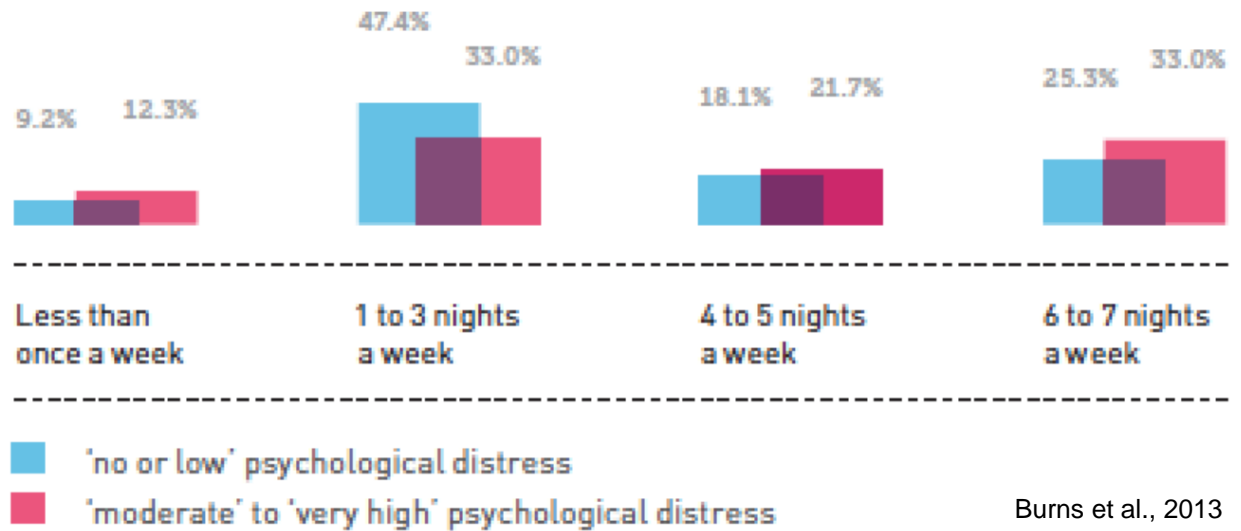


↑ 2% 8% GAMBLE



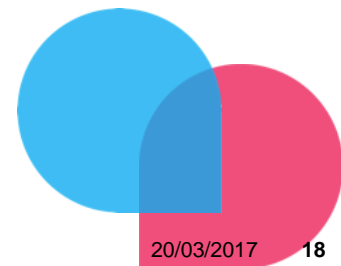
'GAME ON'

Frequency of internet use after 11:00pm



Burns et al., 2013

"33% of young men experiencing 'moderate' to 'very high' psychological distress are online six to seven nights a week after 11.00pm."



OUR YOUTH BRAINS TRUST

The **Youth Brains Trust** is a group of enthusiastic and committed **young people** from around Australia, who are passionate about improving their own **wellbeing** and that of their peers.



WHY TECHNOLOGY MATTERS

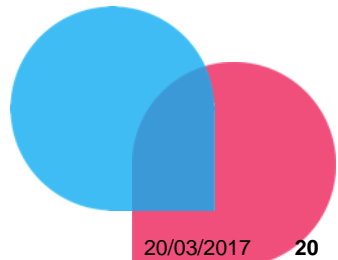
Our 'real world' is both online and offline

It's how we communicate

Computers have been a part of our entire lives

Provides flexibility and confidentiality

How do we move from a focus on technology as a risk to technology as an opportunity?

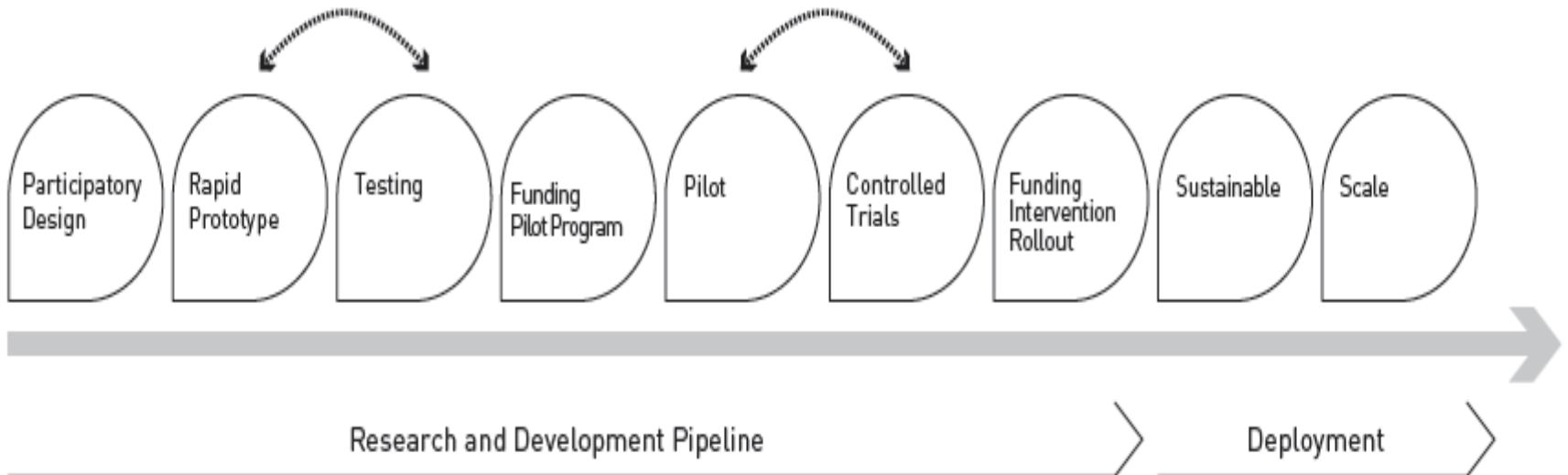




“Participatory design offers an evolving set of critical, conceptual and practical tools to support the active participation of users in the design of different systems, services and products”

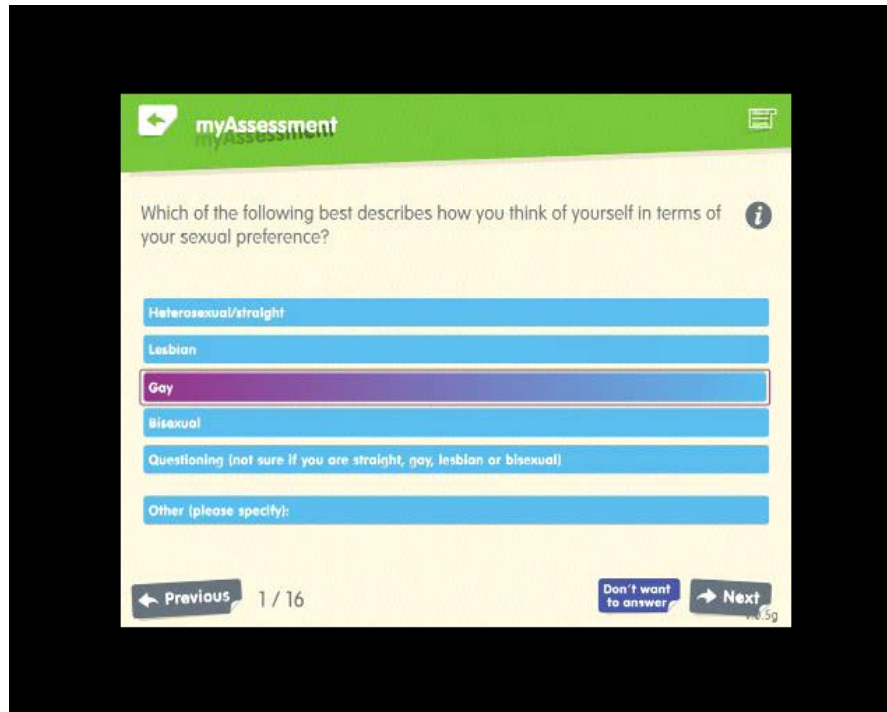
Hagen et al., 2012

YOUNG PEOPLE AS PARTNERS IN RESEARCH

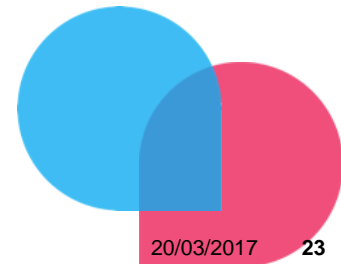


MYASSESSMENT

// Lets get you started!

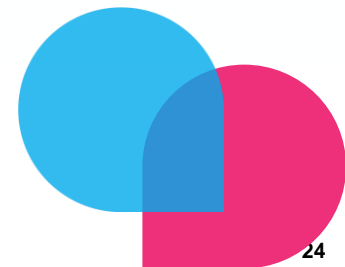
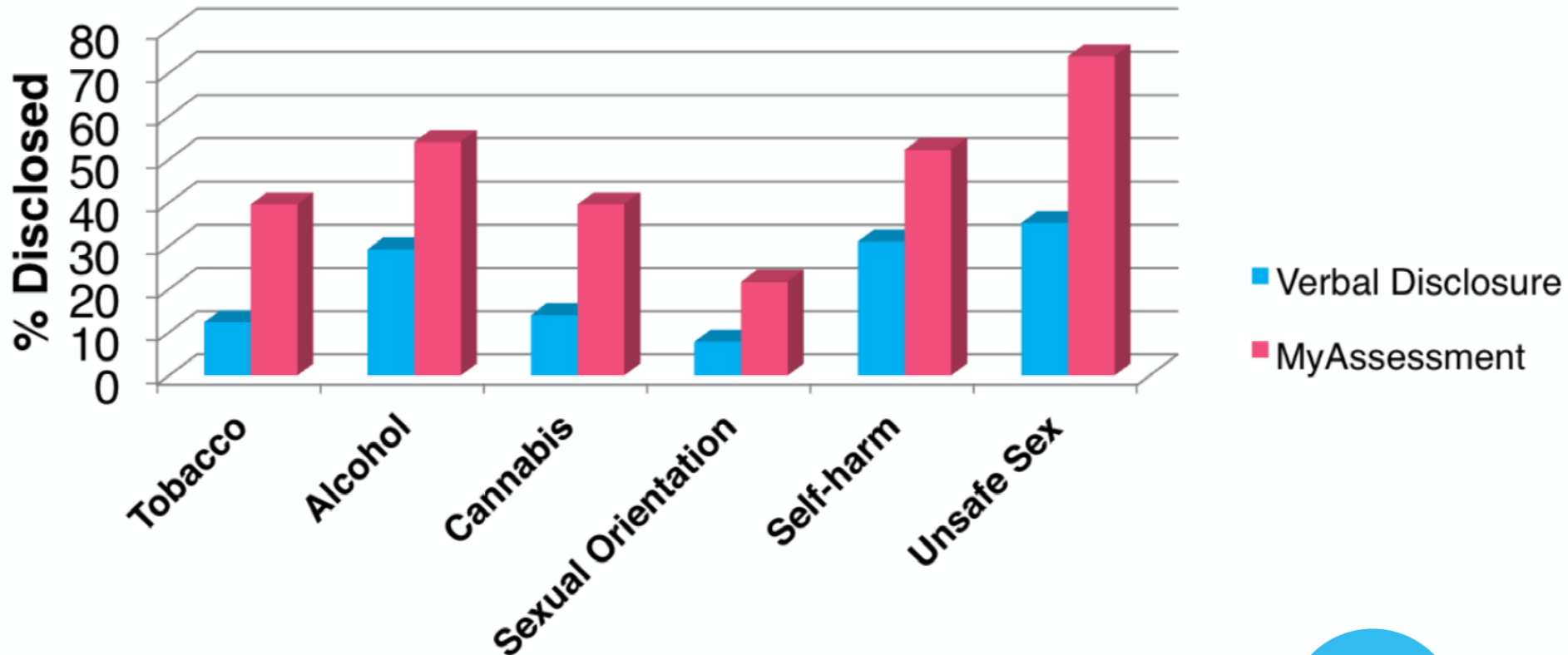


The screenshot shows a mobile application interface for 'myAssessment'. At the top, there is a green header with the app's name and a home icon. Below the header, a question is displayed: 'Which of the following best describes how you think of yourself in terms of your sexual preference?'. An information icon is located to the right of the question. The answer options are presented as a list of blue buttons: 'Heterosexual/straight', 'Lesbian', 'Gay', 'Bisexual', 'Questioning (not sure if you are straight, gay, lesbian or bisexual)', and 'Other (please specify:'. The 'Gay' option is currently selected, indicated by a purple-to-blue gradient highlight. At the bottom of the screen, there are navigation controls: a 'Previous' button with a left arrow, a '1 / 16' indicator, a 'Don't want to answer' button, and a 'Next' button with a right arrow.



MYASSESSMENT

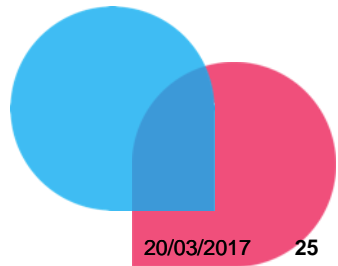
// How Technology Can Help



CHALLENGES IN SCHOOL MENTAL HEALTH //

- **HELP SEEKING //** Why don't young people seek help? Is user driven screening appropriate? What does online triage look like?
- **ENGAGEMENT//** Can young people be partners in care? What would an empowered young person manage online?
- **RIGHT CARE AT THE RIGHT TIME//** Are social networking, gaming, digital content creation, mobile applications and virtual worlds a valid and reliable tool to promote care?
- **WORKFORCE CAPACITY//** What role can technology play in rural, remote and regional communities and in vulnerable populations? How do you up skill a workforce in the use of ICT?

“It was 1.30am; I was desperate and had nowhere to turn. I somewhat sarcastically went to Google and typed in ‘help’. The Reach Out site was the first result.”



HOW TECHNOLOGY CAN HELP

REACH OUT.COM

Tough Times
Working out the hard stuff

Wellbeing
Improving your everyday life

Apps & Tools
Things built to help you

Get Involved
Patch in to help others

Forums
Join the conversation

Looking for something? Search ReachOut.com

Welcome to ReachOut.com
The help you need, where and when you need it.
Find out more

7 myths about depression
Misconceptions about depression only make it harder to deal with. Here's 7 myths busted.

Learn more

Learn more about...

Party Drives Sex and relationships Friends and family

eheadspace

log in register I need emergency assistance

home what's eheadspace get help faq & resources help us

eheadspace can help

eheadspace live info sessions are an anonymous way to ask an expert questions and learn from other peoples questions

live info sessions is this service right for me?

prefer to talk on the phone?
call us on 1800 650 890

want to send us an email?
click here to send

Select language: English

MoodGYM TRAINING PROGRAM

Learn cognitive behaviour therapy skills for preventing and coping with depression

Login >

or

Sign Up >

Seeking immediate help?

In Australia contact Lifeline: 13 11 14 or Kids Helpline: 1800 551 800
Local help lines for other parts of the world are listed at [helpfinders.org](#)

MoodGYM was developed by
e-hub Mental Health at the
National Institute for Mental Health Research

beyondblue

beyondblue Support Service
Support Advice Action
1300 22 4636

Search

Chat online
Email us

JOIN FORUM

Register or Login

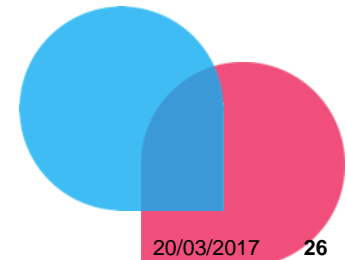
Make a donation

Brains can have a mind of their own.

Understand yours >

3 million Australians are living

In focus Latest news



427 people online



[Log in](#) | [Sign up](#)

Emergency Help & Info
info, chat & phone support

More from ReachOut
[About](#) | [Professionals](#)



Tough Times

Working out the hard stuff

Wellbeing

Improving your everyday life

Apps & Tools

Things built to help you

Get Involved

Pitch in to help others

Forums

Join the conversation

Looking for something?

Search ReachOut.com

Search

Welcome to ReachOut.com

The help you need, where and when you need it.

[Find out more](#)

7 myths about depression

Misconceptions about depression only make it harder to deal with. Here's 7 myths busted.

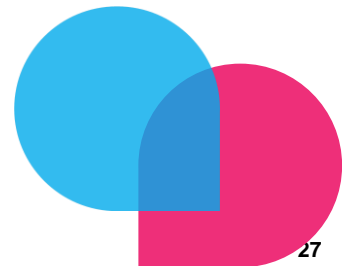
[Learn more](#)

Learn more about...

[Party Drugs](#)

[Sex and relationships](#)

[Friends and family](#)



eheadspace can help

eheadspace live info sessions are an anonymous way to ask an expert questions and learn from other peoples questions

 [live info sessions](#)

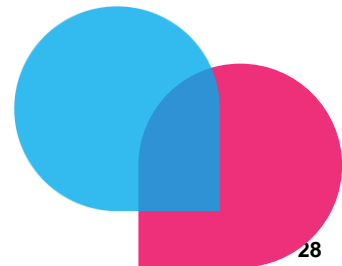
[is this service right for me?](#)



[prefer to talk on the phone?](#)
call us on **1800 650 890**



[want to send us an email?](#)
[click here to send](#)





Get support

The facts

Connect with others

Resources

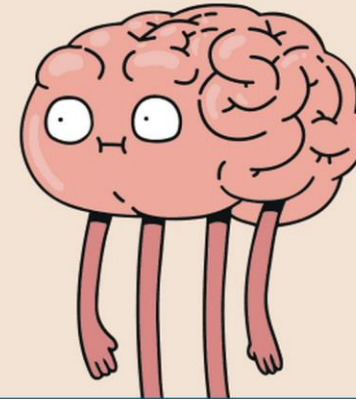
Get involved

About us

Media

Make a donation

Brains can have a mind of their own.



Understand yours >







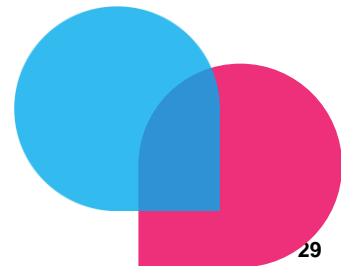





3 million Australians are living

In focus

Latest news



New MoodGYM
COMING SOON
Click to learn more

Select language:

English



Learn cognitive behaviour therapy skills
for preventing and coping with depression

Login >

or

Sign Up >

Seeking immediate help?

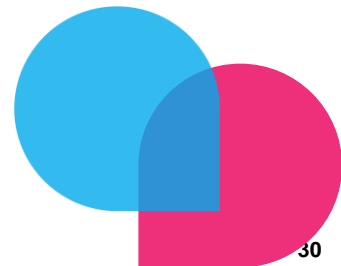
In Australia contact [Lifeline](#): 13 11 14 or [Kids Helpline](#): 1800 551 800
Local help lines for other parts of the world are listed at [befrienders.org](#).



Australian
National
University

MoodGYM was developed by

- ▶ e-hub Mental Health at the
- ▶ National Institute for Mental Health Research



Smartphone app 1 Recharge

YOUNGANDWELL^{CRC}



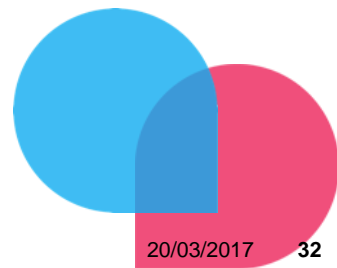
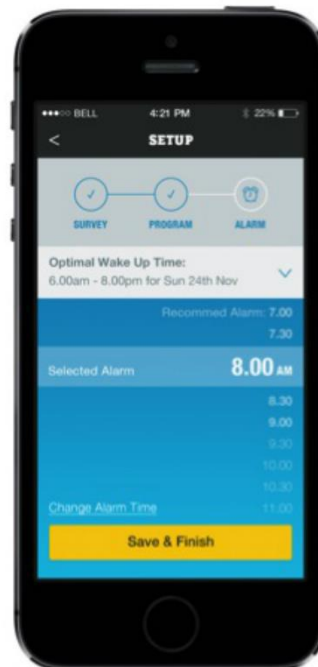
An Australian Government Initiative



YOUNG MEN'S INTERVENTION

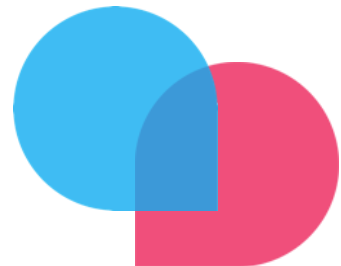
// Can we chat about getting enough sleep and exercise?

Young Men's Intervention involves the development of a mobile phone app designed to improve young men's wellbeing by helping regulate the sleep/wake cycle through a six week program.



Recharge – Sleep Well, Be Well (free)

- A personalised six-week program that helps improve the wellbeing of young people by focusing on four key areas
 - A regular wake and sleep time each day, achieved gradually over six weeks
 - An alarm clock that triggers fun activities designed to get you up and out of bed
 - Increasing exposure to daylight early in the day, to help reset the body clock
 - Encouraging increased physical activity, especially within two hours of waking up.



Smartphone app 2 WorryTime

YOUNGANDWELL^{CRC}



An Australian Government Initiative



Reachout WorryTime

ReachOut WorryTime

[View More by This Developer](#)

By ReachOut Australia

Open iTunes to buy and download apps.



[View in iTunes](#)

Free

Category: [Health & Fitness](#)
Released: May 11, 2015
Version: 1.0.4
Size: 20.5 MB
Language: English
Seller: ReachOut Australia
© ReachOut 2015
Rated 4+

Compatibility: Requires iOS 7.0 or later. Compatible with iPhone, iPad, and iPod touch. This app is optimized for iPhone 5, iPhone 6, and iPhone 6 Plus.

Customer Ratings

We have not received enough ratings to display an average for the current version of this application.

More iPhone Apps by ReachOut Australia

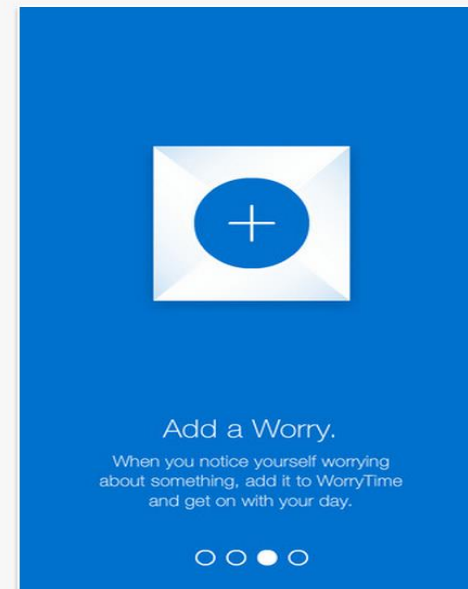
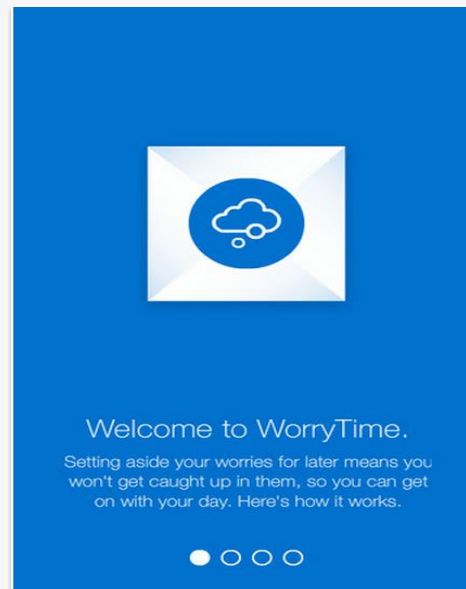
Description

Everyone has worries pop into their head from time to time, but sometimes they won't go away and start to impact your everyday life.

[ReachOut Australia Web Site](#) [ReachOut WorryTime Support](#)

[...More](#)

iPhone Screenshot



WorryTime

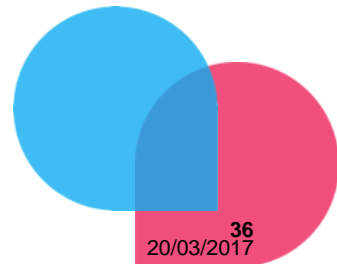
ReachOut WorryTime

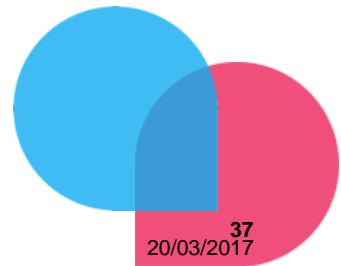
By ReachOut Australia

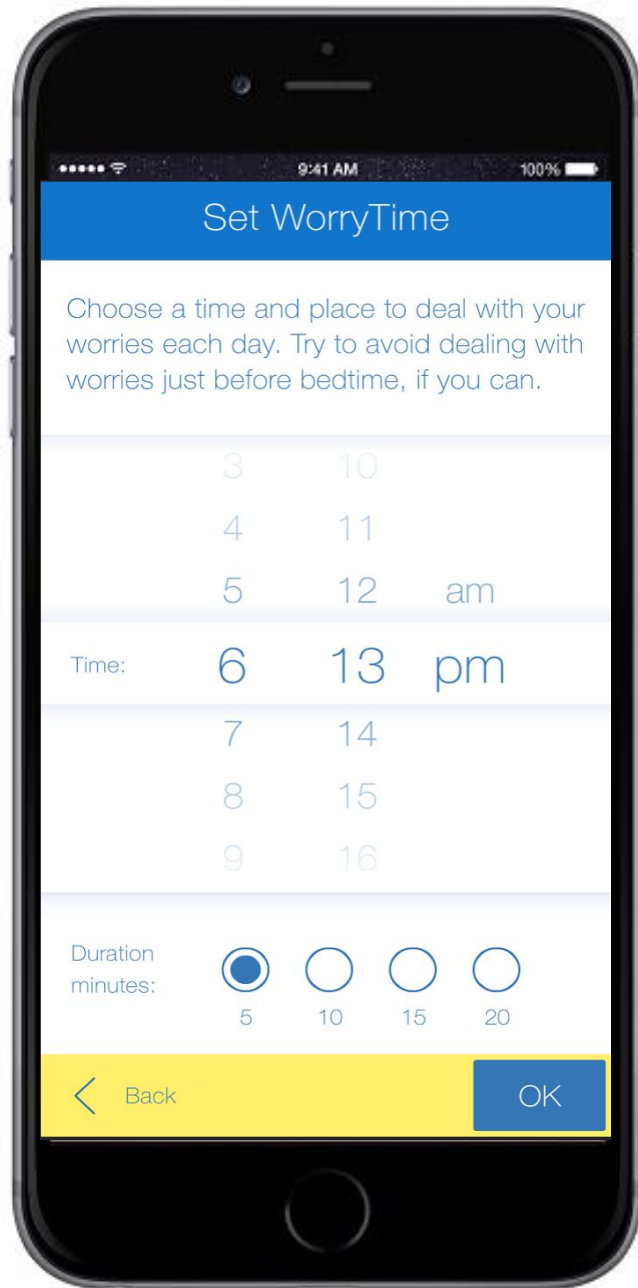
Open iTunes to buy and download

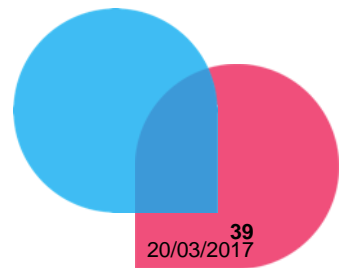
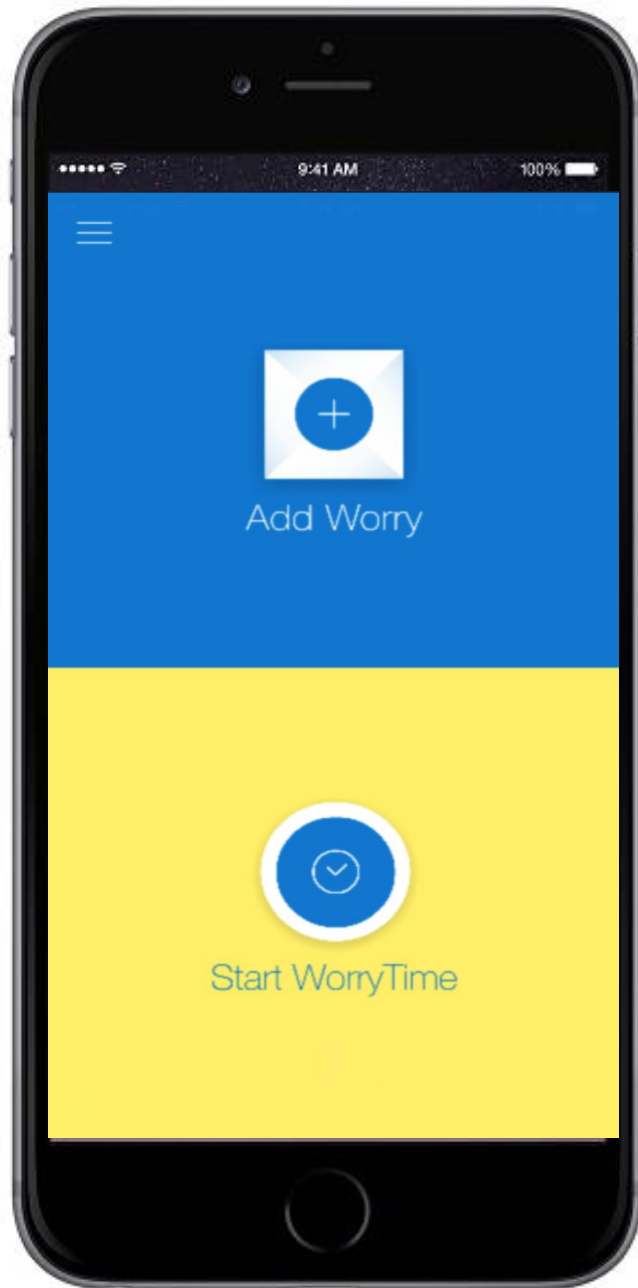


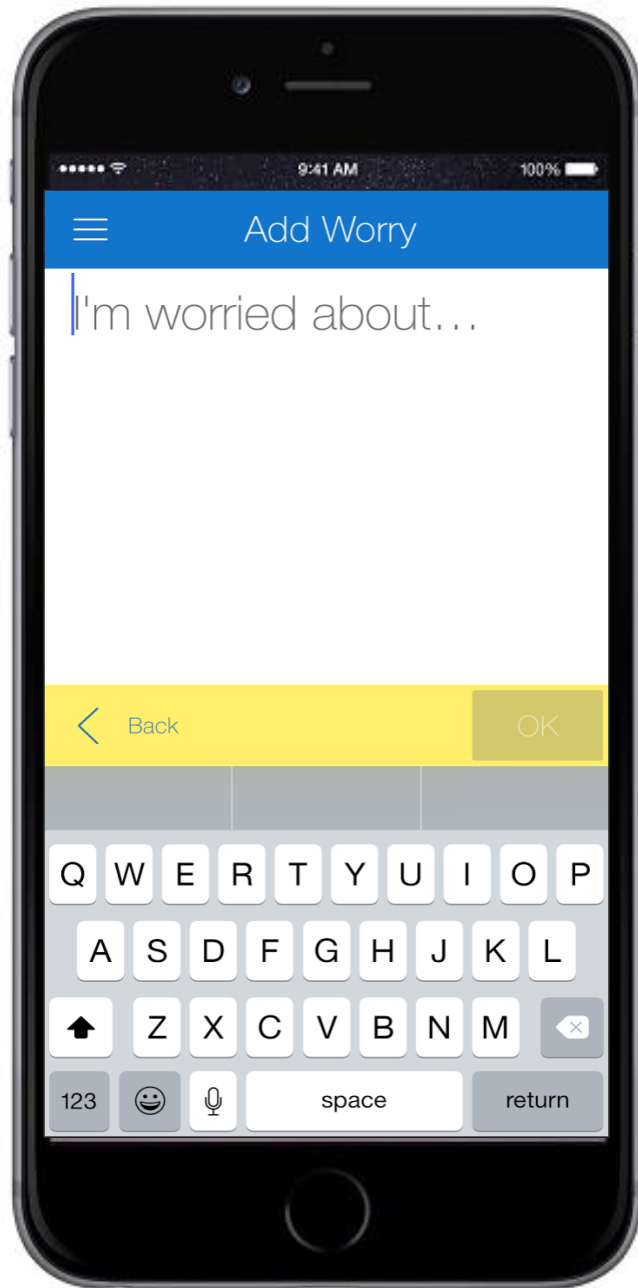
- Free mobile app that gives young people a place to store their worries and alerts them when it's time to think about them. When a worry no longer matters to them, they can ditch it and move on.
 - Manage their stress levels
 - Helps them feel more in control of their anxiety or stress
 - Develop a regular and effective method of dealing with day-to-day worries
 - Feel less overwhelmed



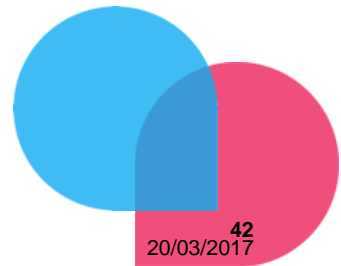
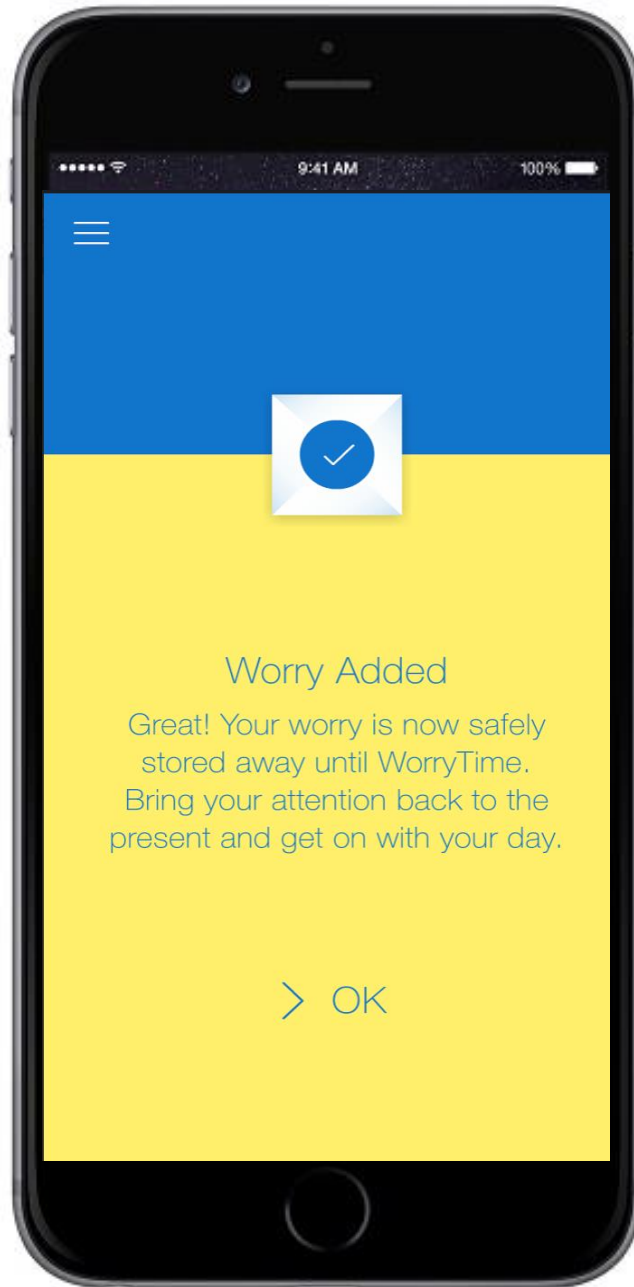












Smartphone app 3 Breathe

YOUNGANDWELL^{CRC}



An Australian Government Initiative



ReachOut Breathe

ReachOut Breathe

By ReachOut Australia

Open iTunes to buy and download apps.

[View More by This Developer](#)



Description

ReachOut Breathe helps you reduce the physical symptoms of stress and anxiety by slowing down your breathing and your heart rate with your iPhone or Apple Watch.

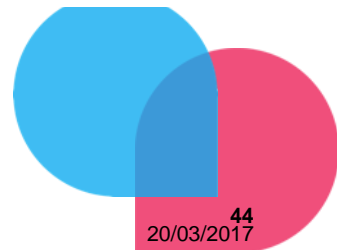
[ReachOut Australia Web Site](#) › [ReachOut Breathe Support](#) ›

[...More](#)

[View in iTunes](#)

 Offers Apple Watch App for iPhone

Free



ReachOut Breathe

ReachOut Breathe

By ReachOut Australia

Open iTunes to buy and download apps.



- slowing your heart rate can increase feelings of calmness in your body
- using simple visuals, Breathe helps people control their breath and measures your heart rate in real-time using the camera in your phone.
- lets you address the onset of physical symptoms of stress, like shortness of breath, increased heart rate and tightening of the chest
- Controlling breathing and heart rate
- Increasing sense of calm and ease the physical symptoms of stress in real-time.

[View Apps by This Developer](#)

ReachOut Breathe

ReachOut Breathe

By ReachOut Australia

Open iTunes to buy and download apps.

[View More by This Developer](#)



- After installing Breathe, they can customise settings to suit them.
- Set up their preferred breathing time and measure their baseline heart rate using their iPhone.
- It's simple to use and can be accessed at any time from your mobile or Apple Watch.
- Whether it's on the way to a game, before an exam or part of a daily ritual – it's the support they need to help cope with the onset of panic or anxiety.

Smartphone app 4 Music e-scape

YOUNGANDWELL^{CRC}



An Australian Government Initiative



Music eScape

[View More by This Developer](#)

By Young and Well Cooperative Research Centre

Open iTunes to buy and download apps.



[View in iTunes](#)

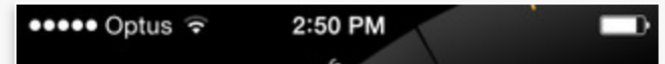
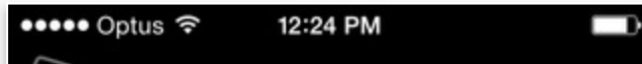
Description

Do happy songs annoy you when you're feeling angry? Ever wondered why you feel depressed when you listen to dark music?

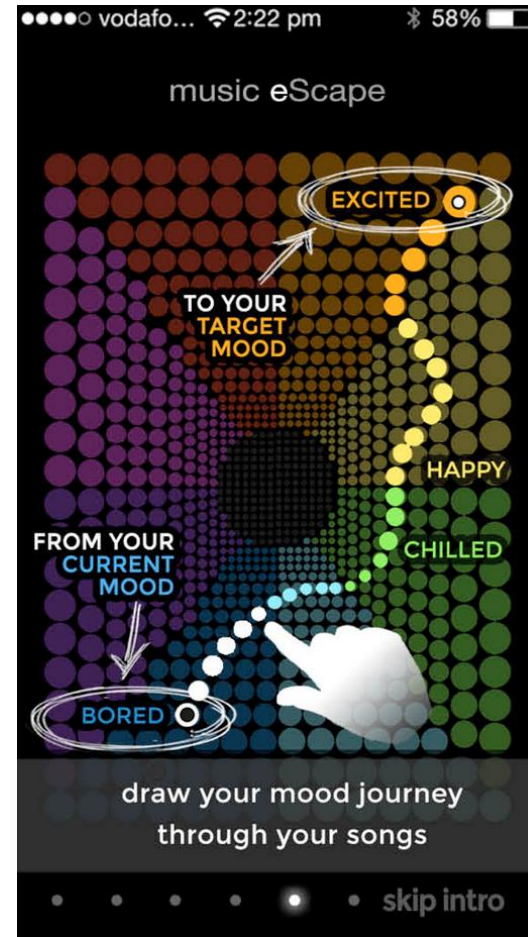
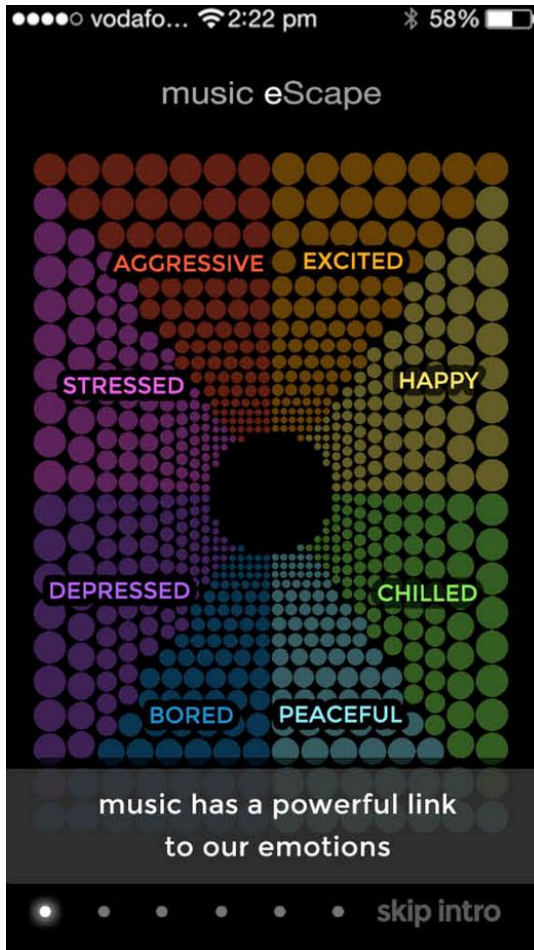
[Young and Well Cooperative Research Centre Web Site](#) ▶ [Music eScape Support](#) ▶

[...More](#)

iPhone Screenshot



music eScape

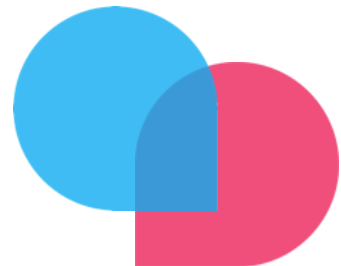


music eScape



music eScape prompts young people to:

- Resort to *music* for emotion regulation
- Be mindful and aware of their emotions
- Set an ‘emotional goal’
- Explore how different music affects their emotional states
- Track their moodshifts over time



Smartphone app 5 The Check In

YOUNGANDWELL^{CRC}



An Australian Government Initiative



The Check-in

Youthbeyondblue The Check-in

[View More by This Developer](#)

By **beyondblue**

Open iTunes to buy and download apps.



[View in iTunes](#)

Description

The Check-in app was designed by beyondblue and Two Bulls in consultation with young people to help take the fear out of having a conversation with a friend who might be struggling. This is often not an easy conversation to have and the Check-in app provide building blocks for how you would approach your friend and give you a

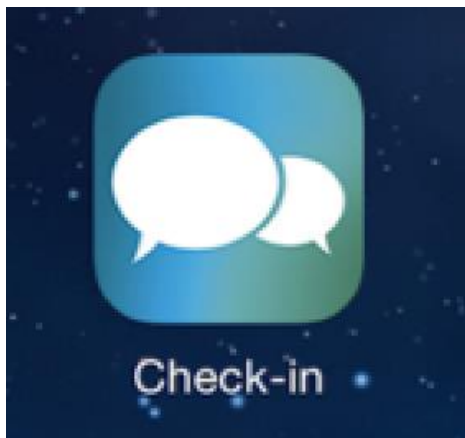
[beyondblue Web Site](#) ▶ [Youthbeyondblue The Check-in Support](#) ▶

[...More](#)

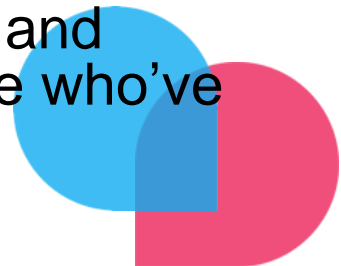
What's New in Version 1.0.12

Minor bug fixes





- developed by beyondblue
- aims to give young people the skills, knowledge and some specific strategies to have conversations with their friends about mental
- Provides a tailored, step-by-step “check-in” plan so they can systematically look after friends that they are worried about.
- allows young people to review how the conversation went
- gives ideas for what to do next, especially if things got tricky
- allows the user to set reminders to follow up,
- links to professional support and words of wisdom from people who’ve done it before





Plan your check-in



So you've got a friend who you are worried about. Knowing how to talk to them about it can be the hard part. If you feel awkward about it, that's pretty normal.



It's not always easy, but the Check-in app takes you through four steps to help you plan your conversation so you know how you are going to go about it.

1 I'll check-in Over a coffee



Plan



Review



Tips



Resources



Review



So you've recently checked in with a friend? Good on you!

How'd it go?

Not so great

Okay

Great!



Good work for asking your friend how they are. Give yourself a pat on the back for giving it a crack.

FURTHER TIPS

Chat to someone about it



Plan



Review



Tips



Resources



YOUNG AND WELL APPS

YOUNGANDWELL^{CRC}



An Australian Government Initiative



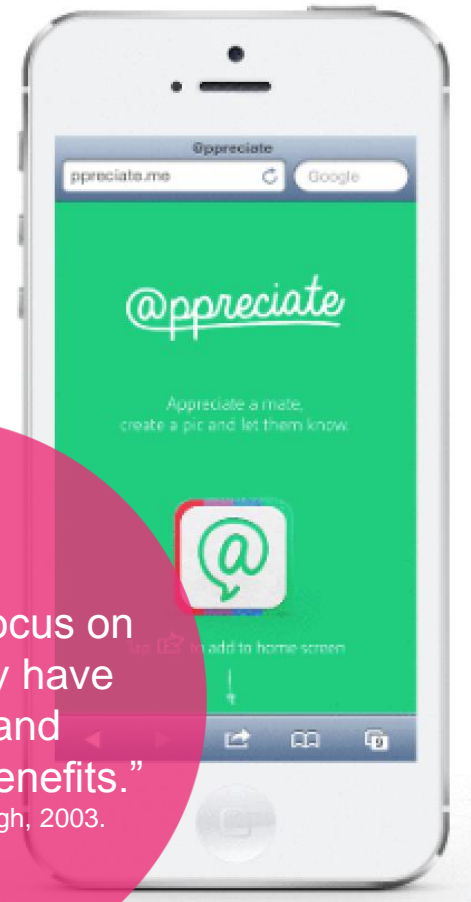
@ppreciate

Launched in July 2013, hundreds of positive compliments spread their way across websites like Facebook, Twitter, Instagram and Tumblr. The compliments were in the form of beautiful illustrated images with positive sentiments like 'Don't Ever Change,' 'Your smile makes me smile' and even 'Your face makes Facebook better.'

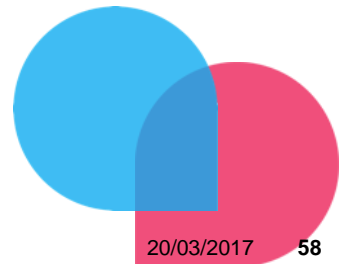
Since then, almost 26,000 of these images have been created and shared by young people across Australia.

"A conscious focus on blessings may have emotional and interpersonal benefits."

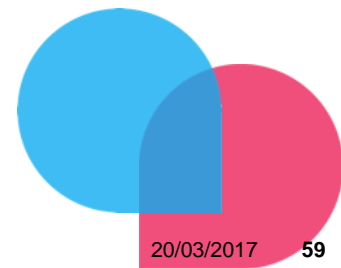
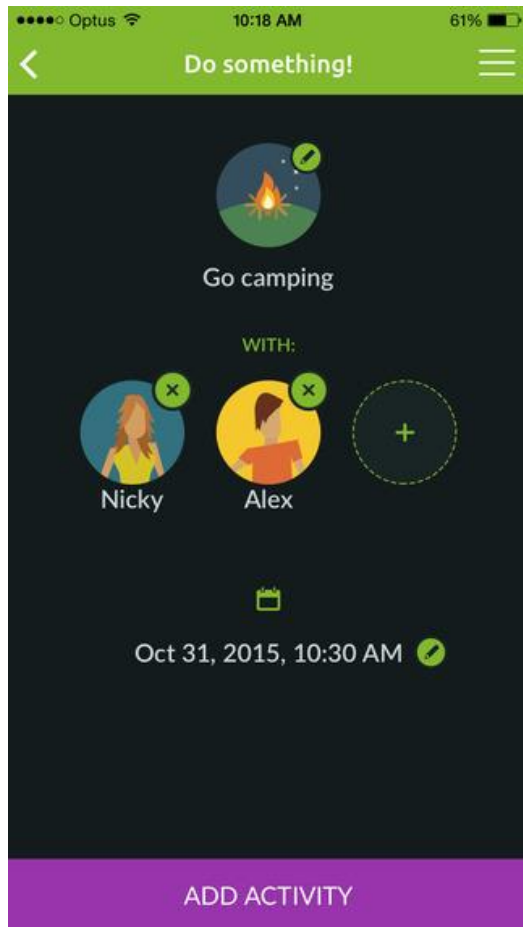
Emmons & McCullough, 2003.



GOALZIE




BREAK UP SHAKE UP



THE TOOLBOX




THE TOOLBOX 

APPS FOR YOUR BRAIN & BODY

Work out your goals, download the apps and track your progress


A collection of health and wellbeing apps endorsed by professionals and reviewed by people under 25



Don't know your goal ?

[START QUIZ](#)

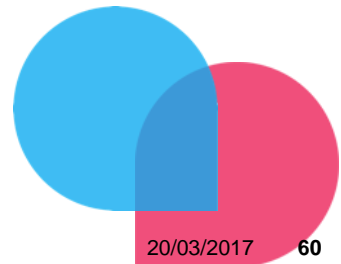
Know your goal ?

Type your goal 

eg. Increase your energy

WANT SOME INSPIRATION ?

Remanerent urbe ventum quidem paucin



SYNERGY BIOMETRICS Jawbone Up

YOUNGANDWELL^{CRC}



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UP – Tracker Required (UP/UP24/UP MOVE)

[View More by This Developer](#)

By **Jawbone**

Open iTunes to buy and download apps.



[View in iTunes](#)

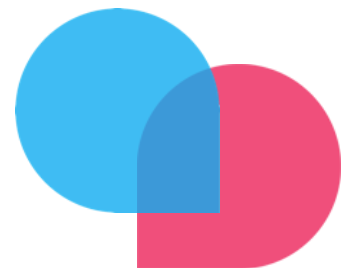
Description

There is a better version of you out there. Get UP and find it.
REQUIRES UP, UP24 or UP MOVE TRACKER. NOT COMPATIBLE WITH UP2 OR UP3 TRACKER. USING A SINGLE UP ACCOUNT LOGIN WILL ENSURE THAT ALL OF YOUR DATA IS SYNCED, EVEN IF YOU USE MULTIPLE UP TRACKERS.

[Jawbone Web Site](#) ▶ [UP – Tracker Required \(UP/UP24/UP MOVE\) Support](#) ▶ [Application License Agreement](#) ▶ [...More](#)

What's New in Version 4.6

- Bug fixes and performance improvements
- **Love UP? Let others know with a review on the App Store.**



INFO



CUSTOMIZE

EXTRAS

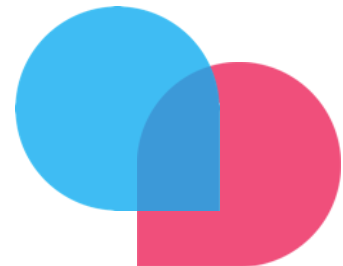
UP3™

The world's most advanced tracker.

Everyone has had a life-changing experience sometime. This is one of those times. UP3™ is simply the most advanced tracker you can buy. Its classic, durable design will stand the test of time. Multi-sensor technology adds breadth and accuracy to Smart Coach. Everything about UP3 says that the bar has been set higher. Wear one and go further.

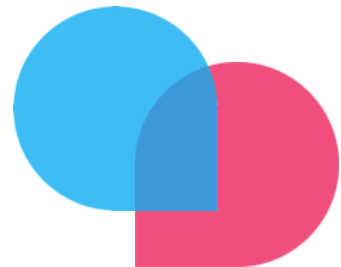
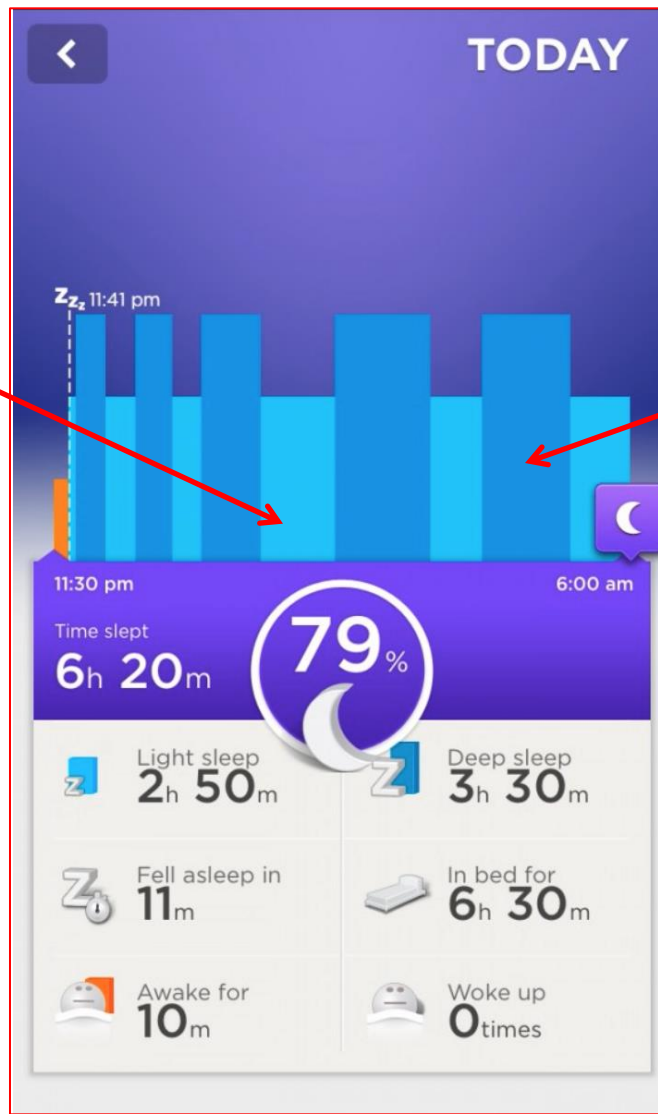


With Advanced Activity, Advanced Sleep, Food Logging, Smart Coach and Heart Health



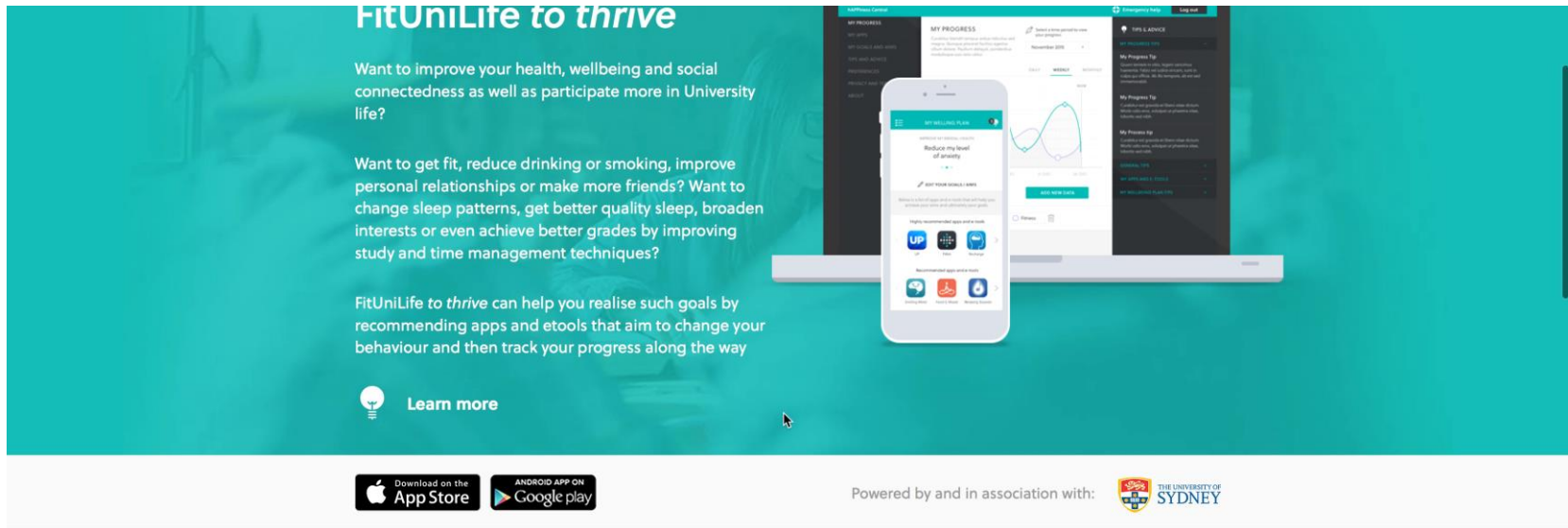
Light sleep

REM sleep



HAPPINESS CENTRAL

// Do you have a wellbeing plan?





FitUniLife to thrive


Want to improve your health, wellbeing and social connectedness as well as participate more in University life?


Want to get fit, reduce drinking or smoking, improve personal relationships or make more friends? Want to change sleep patterns, get better quality sleep, broaden interests or even achieve better grades by improving study and time management techniques?

FitUniLife to thrive can help you realise such goals by recommending apps and e-tools that aim to change your behaviour and then track your progress along the way

 [Learn more](#)

Download on the  App Store

ANDROID APP ON  Google play

Powered by and in association with: 

FitUniLife to thrive features include:



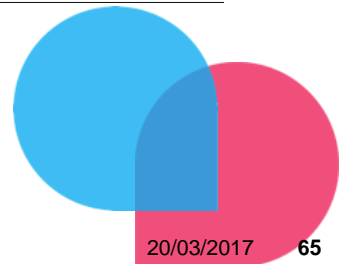
Create a profile



Set and achieve goals



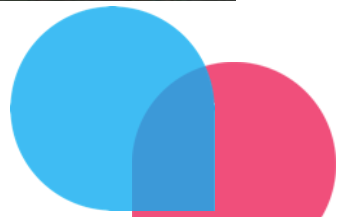
Curated list of apps and e-tools



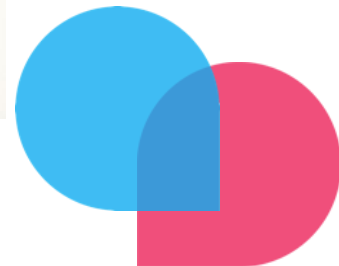
EMENTAL HEALTH CLINIC

// Do you have a share plan?

The screenshot shows the homepage of the eMental Health Clinic. At the top left is the logo, which consists of a stylized head profile with a brain and a speech bubble, followed by the text "eMental Health CLINIC". To the right of the logo is a button that says "Need Help Now?". In the top right corner, there is a gear icon for settings. The main heading is "Welcome to the eMental Health Clinic". Below this, there is a list of navigation links: "What is the eMHC?", "Is the eMHC for me?", "FAQs", "Resources", and "Help a friend". The central text reads: "Not everyone can make it to see a doctor or mental health professional, or maybe you haven't reached that point, but would like some more information and assistance. If you feel like you're not coping well with life or experiencing difficulties with your mental health, the eMHC might be right for you. You'll need to login first to ensure your privacy. Then, by answering some questions you can get immediate feedback to improve your health and wellbeing." Below this text is a "Get Started" button. To the right of the text is a video player showing a woman sitting at a desk with a laptop, with the title "E MHC FINAL". At the bottom left, there are social media icons for Facebook, Twitter, YouTube, and Instagram. The footer contains contact information, a site map, privacy policy, terms and conditions, and accessibility mode. It also includes the copyright notice: "Copyright 2015 eMental Health Clinic | Young and Well Cooperative Research Centre | www.youngandwell.org.au | All Rights Reserved." and the logos for "YOUNG AND WELL" and "UNIVERSITY OF SYDNEY".



Dr Michael Carr-Gregg



CERTIFICATE



Certificate in
Young People's
Mental Health
and Technology

The image features a hand holding a green smartphone against a background of colorful bokeh lights. A large blue circle on the left contains the title text.

orygen.org.au/ymhtech

Orygen
The National Centre of Excellence
in Youth Mental Health

YOUNGANDWELL
Cooperative Research Centre

REGISTER TODAY: School TV



School TV

Presented by Dr Michael Carr-Gregg



Dr Michael Carr-Gregg is the Managing Director of Digital Education and Training, and part of the Executive Team at the Young and Well CRC as well as lead content provider in the School TV video's.

Michael is one of Australia's most prominent child and adolescent psychologists, the author of nine best selling books and has also worked as an academic, researcher and political lobbyist. Michael supports School TV and understands the significant potential it has to act as a gateway to commencing and guiding conversations around the issues faced by parents, teachers and school principals in the digital age.

“Parents need to be alert, but not alarmed. It's about providing the knowledge and the skills they need to confidently manage their children's use of technology. Technologies have dramatically transformed our kids' relationships with one another, their families and communities.”

Michael plays a key role in leading and implementing the Young and Well CRC's digital education program both in Australia and internationally, and works to extend the reach and impact of the Young and Well CRC's initiatives through collaborating with existing partners and building new relationships.

Michael's extensive use of technology in his clinical practice for the last five years gives him particular insight into the valuable role that technology can play in the diagnosis, treatment and prevention of mental health problems in young people.



Content contributors from leading specialists

Some of the people behind School TV

Some of Australia's leading academics, specialists and authorities in youth health and well being will contribute to School TV. The latest research and practical, real-life guidance will form high value content for parents and educators alike.



Dr Michael Carr-Gregg



Associate Professor
Jane Burns



Professor
Pat McGorry



Dr Melissa Weinberg

“ School TV connects some of Australia's leading specialists directly with parents and educators providing credible guidance and insight into modern day parenting... ”

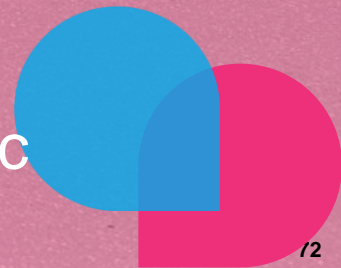


Professor
Ian Hickie

Technologies as part of an integrated youth mental health system will help Australia lead the way in the sector.

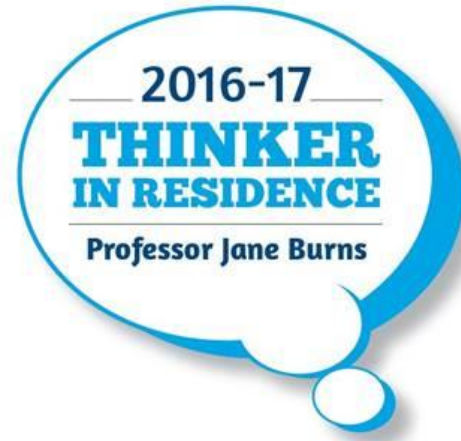


- Follow us on Twitter: @yawcrc
- Like us on Facebook: www.facebook.com/yawcrc
- Join our network: www.youngandwellcrc.org.au





Commissioner for Children and Young People
Western Australia



Thank you to our partners

RioTinto

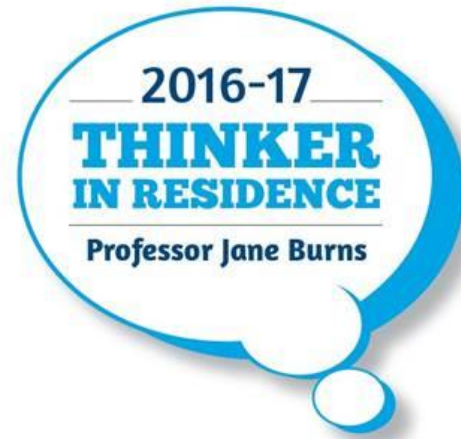


Department of Education
Child and Adolescent Health Service
Department for Child Protection and Family Support
Mental Health Commission





Commissioner for Children and Young People
Western Australia



Find out more

Website www.ccyp.wa.gov.au

Twitter [@CCYPWA](https://twitter.com/CCYPWA) [#CCYPThinker](https://twitter.com/CCYPThinker)

Let us know what you think

Please complete a feedback form or
email info@ccyp.wa.gov.au

