

↳ **MOST:**
Mental health
support when and
where young
people need it.

MOST Information Pack &
Materials for Partner Promotion

2025





What is 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 offers access to a **safe and supportive community** of other young people going through similar experiences, as well as **evidence-based activities** to help you learn effective strategies for managing your mental health, and **one-on-one support from clinicians, career consultants, and peer workers** with lived experience of mental ill-health.

Young people aged 15-25 can sign up to MOST online or via the MOST app available on Apple and Android.

Young **people aged 12-14, will need a referral** from one of MOST's partnering mental health services located in VIC, NSW, ACT, QLD and WA to access MOST



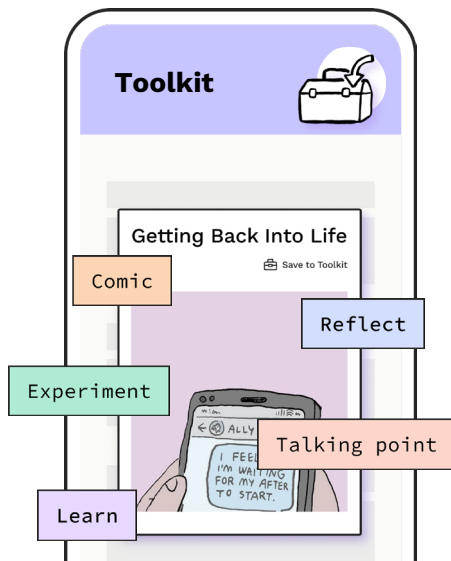
What is MOST?

MOST has four key components:

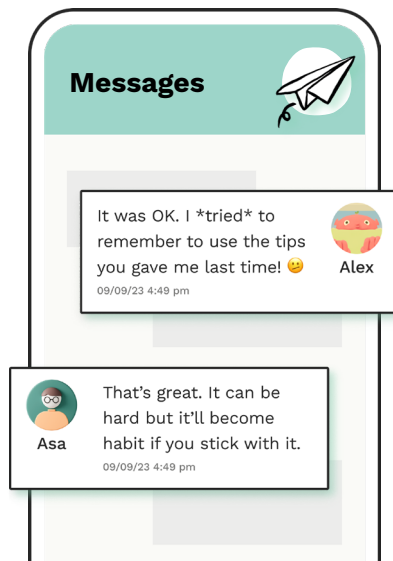
**Access tailored
therapy journeys**



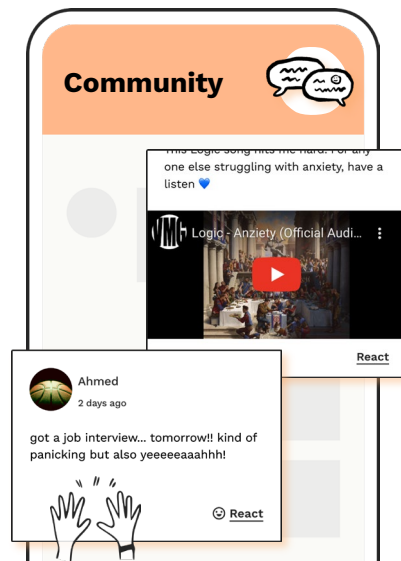
**Build a personalised
therapy toolkit**



**Get support online
from the MOST team**



**Support each other on
the 'Community'**



Personalised therapy journeys

Evidence-based therapeutic content:

MOST's therapeutic content is structured in 'Journeys' tailored to a young person's unique needs and preferences and help young people learn effective strategies to manage their mental health.

Journeys on MOST cover a range of topics including sleep, depression, anxiety, work and study, social anxiety and transdiagnostic targets.

Content is recommended to young people either by MOST Clinicians or by an algorithm that uses their responses to the onboarding questionnaire.

Content in Journeys comes in a variety of formats:

- written activities,
- videos by both Clinicians and Peer Workers
- audio tracks
- animations.

Journeys can be completed at a young person's own pace with the freedom to start or stop at any time.



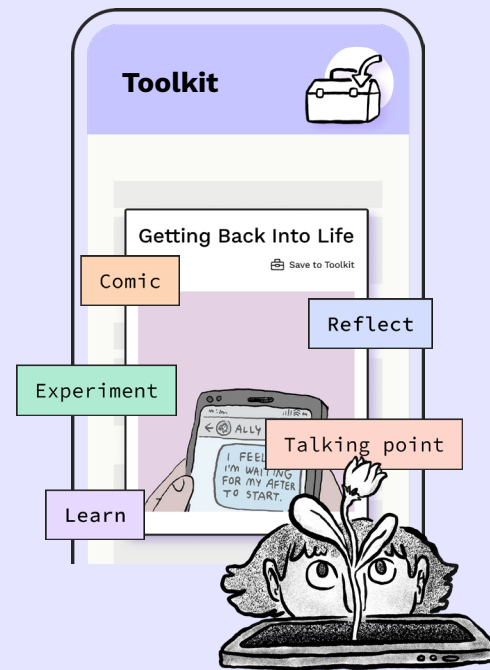
Individual activity libraries

Personalised toolkit:

The Toolkit is a space for young people to save their favourite activities for ease of access later. As a young person ventures through MOST, they can add content at the tap of a button to build their own, personal therapy library.

Content can be accessed via Journeys or the Explore section which houses all the activities available on MOST. The Explore library includes content on:

- body image and eating dysregulation
- navigating the mental health system
- communication skills
- loneliness
- motivation
- Relationships
- and more.

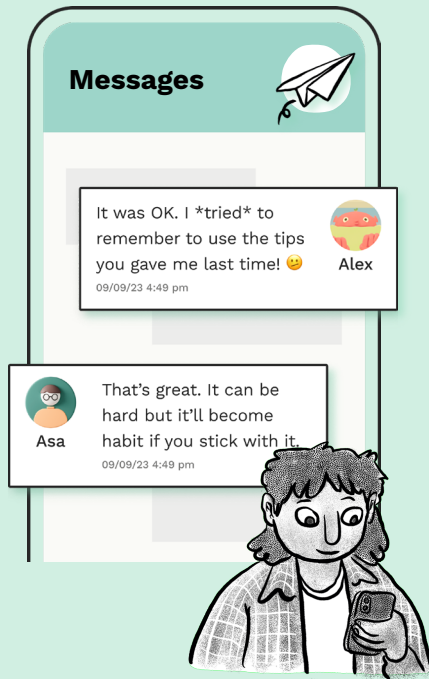


A spectrum of human support

Professional support from real people:

In addition to the therapeutic content, accredited and trained clinicians, peer workers and career consultants are all accessible to young people through MOST's expert team.

This support helps young people get the most out of their time on MOST, offering an experience that's tailored to their need through therapeutic content recommendations and one-to-one clinical, vocational and peer support based on their needs.



A moderated online community

MOST Online Community:

MOST's safe, supportive online community is a virtual support network of young people with a shared experience of mental ill-health, engineered to foster meaningful social connection and combat isolation and self-stigma.

The Community is a peer-support space, moderated by MOST Peer Workers and Clinicians and supported by a safety filter to ensure that it is a safe space.



Walkthrough video of MOST

The logo for MOST, featuring the letters M, O, S, and T in a bold, black, sans-serif font. The letter 'O' is stylized as a circle with a thick, hand-drawn black outline.

Walkthrough

<https://www.youtube.com/watch?v=lgWrqe0IsXE>

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.



18,000+

young people
have used MOST
across Australia



Multi award
winning clinical
service and
research program

50%

Reduced hospital
admissions

44%

had a significant
improvement in
anxiety and
depression



**Accredited
Service Provider**

National Safety and Quality
Digital Mental Health Standards

Meets the highest
standards for
digital mental
health services

50%

Reduced visits
to ER

78%

felt safe

93%

would recommend
to others

Who MOST supports and how

MOST is available for **all young people aged 15-25** in Australia by web and a mobile app.

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**.

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





How you can share MOST

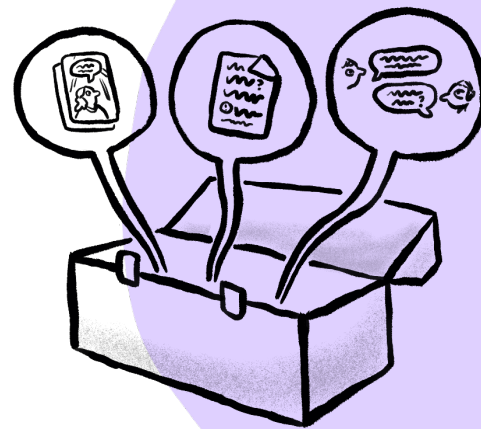
Want to provide young people with access to MOST? It's easy and free

MOST is free to use for young people and for organisations to promote. We encourage you to promote MOST to young people and give them access to the evidence-based support that MOST provides.

We have provided some ideas and examples of ways that you could promote MOST along with a pack of materials you are free to use.

Everything you might need is inside, formatted and ready to go. We're excited to see how you use them.

If you have questions or would like further information, please contact a member of the Orygen Digital team or hellomost@orygen.org.au.



Accessing promotional materials

You can download the ready-made promotional materials from Hightail.

Access them here 🖱️ <https://spaces.hightail.com/space/NtoRFtobL9>

In the folder you'll find:

- A5 flyers
- Videos for social media channels (9:16)
- Images for social media channels (1:1 and 9:16)
- Images to use on digital display screens (1080x1920px and 1920x1080px)
- Comics straight from the MOST platform



Promoting MOST

Some possible ways to promote MOST include:

-  **Share MOST promotional content** (e.g. posters, digital flyers) across noticeboards, waiting areas, and communal spaces
-  **Post about MOST** on your organisation's social media channels and newsletters
-  **Include MOST in stalls or presence** at orientation weeks, open days, or community events
-  **Short video or testimonial** about MOST in induction materials or youth welcome packs
-  **Add MOST to your website** or service directory as a recommended support
-  **Send targeted SMS/email campaigns** with links to register or learn more
-  **Run a short info session or lunch-and-learn** for staff to introduce them to MOST and how it works
-  **Include MOST in staff onboarding packs** for frontline workers or student support teams



How we suggest you describe MOST

The text below can be used to describe MOST with young people or key stakeholders:

MOST is a safe, digital mental health service for young people aged 15 to 25, designed with and for young people with mental health concerns. Whether you're having a tough time or need extra support with school, work, or life in general, MOST is here for you.

It is completely free and offers:

- *a safe and supportive community of other young people going through similar things*
- *evidence-based activities that help you learn effective strategies for managing your mental health*
- *one-on-one support from qualified mental health experts, if you need it*

You can choose how and when you access MOST's support – use some or all of MOST either on your own or guided by MOST's clinicians, peer workers and career consultants who understand what you're going through.

You can [sign up to MOST online](#) or via the MOST app available on Apple and Android.



Some promotion examples

Feeling overwhelmed?

Need extra support with
with school, work or
life challenges?



MOST can help. MOST is a free, safe online mental health support service that gives you access to effective resources to help you through life's ups and downs. As well as a supportive community of young people who get what you're going through.

If you're aged 15-25, you can sign up to MOST at most.org.au or via the MOST app.

MOST is 100% free. No catches.

Learn more



Download the app



GET IT ON
Google Play



Download on the
App Store

Get more tools and tips to
help with study, work, life
or mental health challenges
on MOST.

Download MOST today.

It's 100% free for young people 15-25.



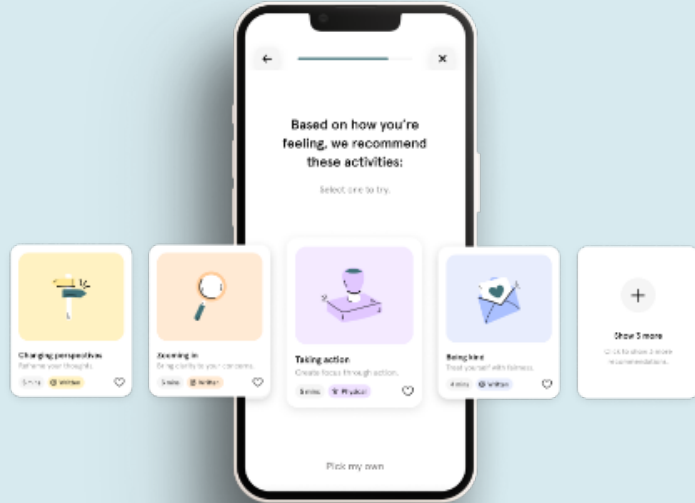
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Download on the
App Store

Other Orygen Digital products

mello^{APP}



3 MIN VIDEO –
CLICK HERE

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.

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

Thank you!

most.org.au
hellomost@orygen.org.au

