

# About MOST

## MOST extends your care to fill the gaps before, between and beyond sessions

MOST is a safe, evidence-based online platform by Orygen Digital (part of Orygen, Australia's National Centre of Excellence in Youth Mental Health). It's a digital extension of care for young people aged 12–25.

It helps young people stay connected and supported with:

- personalised therapy tools and resources they can use any time
- a moderated online community to connect with peers who get it
- 1:1 support from clinicians, peer workers and career practitioners

MOST is built on 15+ years of research. It complements your practice, improves outcomes and adds a layer of support without adding to your workload.

## Who can use MOST

MOST is available to all young people connected to your service aged 12–25, regardless of presentation or level of need:

- young people aged 12–14 and services can only use it on a web browser
- young people 15+ can download it on Android and iOS, or use it in a browser

## When to refer

### Intake

Bring support forward while a young person is waiting for care. Referring here means young people get support **3 months sooner\***.

### During care

Keep support going in the gaps and maintain momentum. Referring here **adds 2.5 hours of support** alongside your care\*\*.

### Discharge

Extend your care beyond sessions. Refer at discharge to keep young people connected for **23 more weeks** after sessions end\*\*.

\* Young people access MOST in an average of 7.6 days, compared to ~100-day average wait times for youth mental health services (Subotic-Kerry et al, 2025).

\*\* Based on average national MOST usage data.

## Get started

Book a MOST training session

Download resources for services

Explore clinician guides

Learn more: MOST website

Referral



Brief needs assessment



Care on MOST



Refer in **1 minute:**

[most.org.au/connect](https://most.org.au/connect)