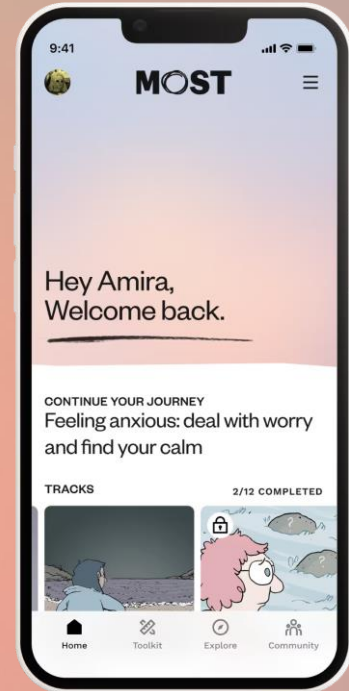


MOST:

A place for young people
to find mental health
support.

Overview pack for partners

2026



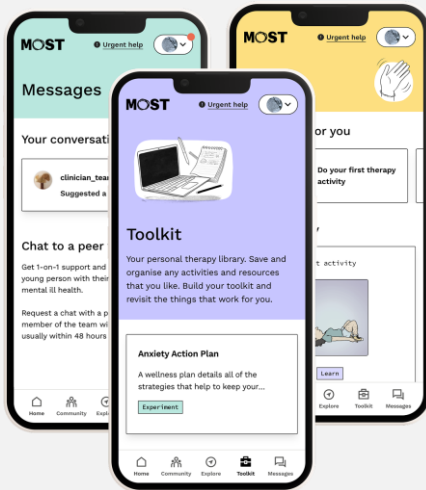
Meet MOST

Scan here for the
MOST website



MOST is a free, digital mental health platform for young people aged 12–25.

MOST gives young people access to effective tools, strategies and real human support to help them through life's ups and downs. Backed by more than 15 years of research, young people can move between self-guided activities, one-to-one support from clinicians, peer workers and career consultants, and a safe online community, all within a single, trusted service.



20k+

young people have used MOST

93%

would recommend to others

44%

significantly improved anxiety/depression

MOST combines:



Evidence-based therapeutic content



Personalised therapy toolkit



A moderated online community



Professional support from mental health and study experts



Who MOST supports

MOST is available directly to young people in Australia who are aged 15-25.

There's no cost or referral needed to use MOST. Just visit the website or download the app, answer some questions and get started.

MOST supports young people experiencing a range of mental health challenges, including mild, moderate and severe mental health needs. MOST is a service that responds to risk but is not a crisis support service.

MOST can be used as standalone digital mental health support, or before, alongside, or in between other supports.

Young people receive personalised recommendations when they join and can use MOST in a way that suits them, at their own pace.

MOST



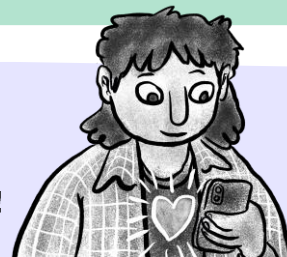
Supports young people across mild to severe mental health needs



MOST can be used as a standalone service or alongside other supports

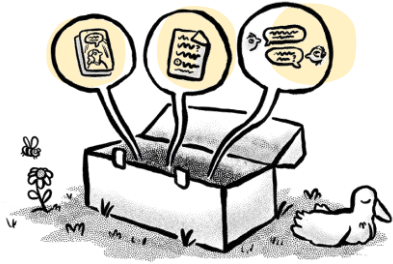


Helps support young people wherever they are!

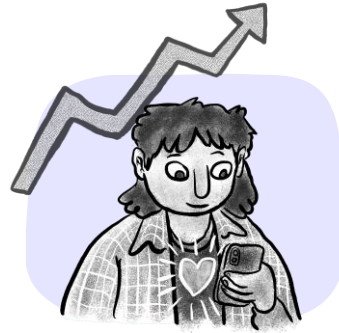


What makes MOST unique

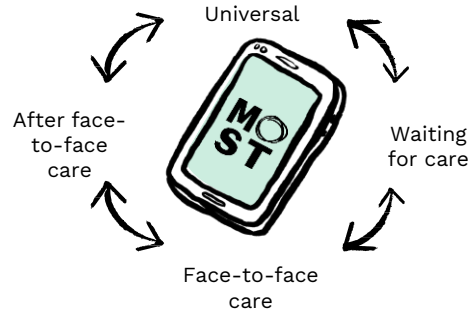
Unlike any other mental health services, MOST is co-designed with and for young people. MOST fills the gap between self-help tools and face-to-face care, giving young people continuous, flexible support, and giving services and organisations a simple, trusted place to refer all 15–25-year-olds.



One-stop-shop for content, community and real human support, reducing fragmentation and confusion



Transdiagnostic and supports mild, moderate and severe needs, including the "missing middle"



MOST integrates with the YMH system and offers continuous, flexible support until age 26



MOST is a blended clinical tool with a strong research and clinical evidence-base

"We hear that a lot, like, "just ask for help". When people do ask for help, a lot of the time the help isn't available. I think that's sometimes where the issue is in Victoria and Australia. I think we're working really hard on the stigma and telling people to reach out, but if the services aren't there and they're not accessible, I don't know how helpful telling people to ask for help is." - Orygen, The National Centre of Excellence in Youth Mental Health

Support from real people



Mental Health Clinicians

Support young people to use MOST therapy content in a way that fits their needs and goals.



Work/Study Consultants

Help young people with job search, study choices, applications, and post-placement support.



Peer Workers

Use lived experience to offer 1:1 reflection, empathy, and recovery support.

"Thank you again, this is a big reason I love the MOST platform is that it is a great safe-guarding feature we can send home with our YP that can catch and monitor risk."

- Service provider

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.



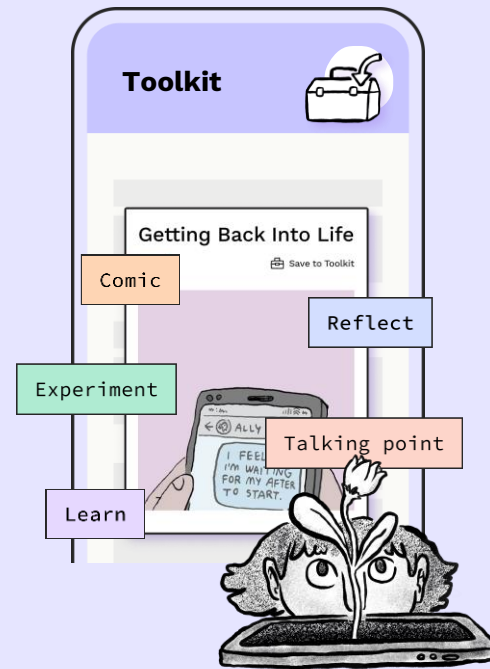
Individual activity libraries

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.

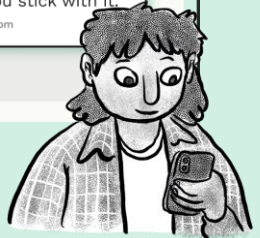
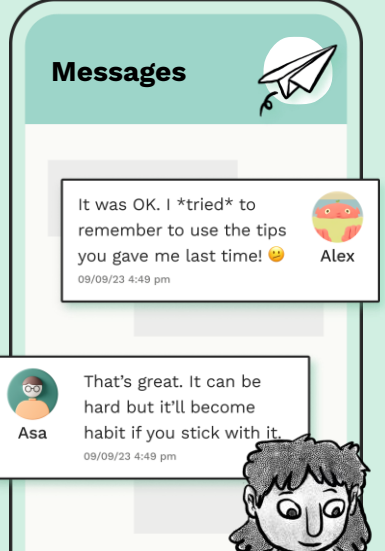


A spectrum of human support

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.

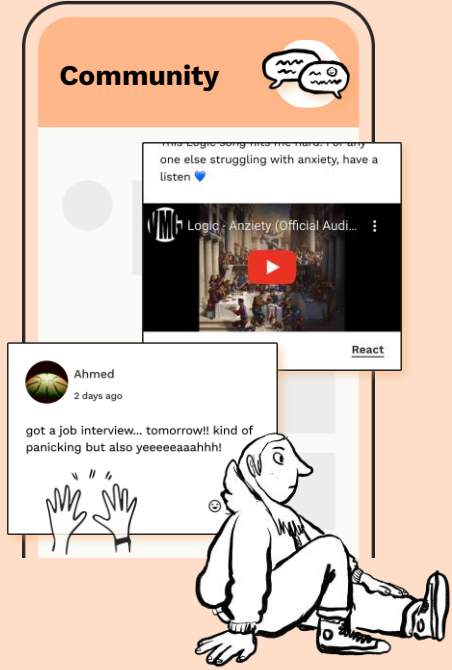


A moderated online community

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.



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

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

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



Walkthrough video of MOST

MOST

Walkthrough

<https://www.youtube.com/watch?v=IgWrqe0IsXE>



How you can share MOST

How to share MOST

MOST is designed to be easy to share – across your existing channels, programs and touchpoints.

1. Share with your community

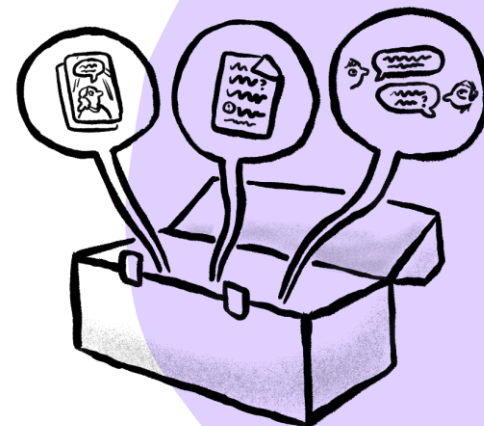
- Social posts, newsletters, emails
- Website or “Find Help” pages
- SMS or direct communications

2. Embed into your services

- Waiting rooms or support pathways
- Staff or peer recommendations
- Onboarding or induction materials

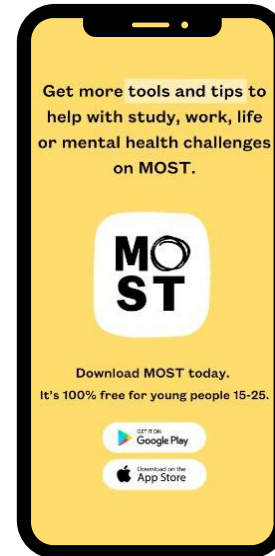
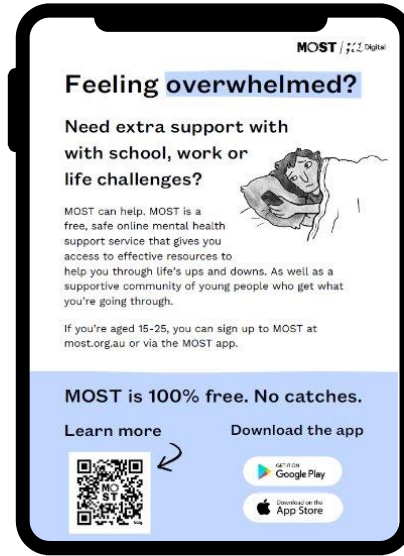
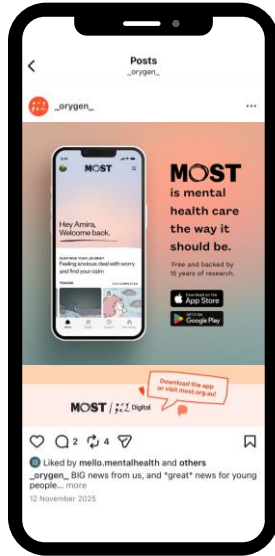
3. Activate at key moments

- Orientation weeks and events
- Workshops or info sessions
- Campaigns or awareness moments



Everything you need to promote MOST is in our Partner Toolkit on the next slide.
Any questions? Reach out on hellomost@orygen.org.au.

MOST Promotion Examples



Ready-to-use resources

Access them here [👉 https://spaces.hightail.com/space/NtoRFtobL9](https://spaces.hightail.com/space/NtoRFtobL9)

Thank you

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

