

## MOST, BY ORYGEN DIGITAL



### HOW WE SUGGEST YOU DESCRIBE MOST

#### **A free digital mental health platform for 15–25-year-olds.**

Joining MOST gives young people access to free, safe mental health care. If you're having a tough time, or just want some extra support, you can use MOST to get practical tools, talk one-on-one to mental health professionals or connect with other young people. There's no cost or referral needed. Just download MOST from the [Apple App Store](#) or [Google Play](#), answer some questions and get started.

### WHO IS MOST FOR?

Young people aged 15-25 living in Australia who are:

- dealing with everyday stress, anxiety or uncertainty
- may or may not be in therapy
- want something that's private, easy to access and fits into their lifestyle
- looking to understand what's going on before things get worse
- or need extra support during difficult times

### WHAT IS MOST?

A free, digital mental health support system that:

- brings together practical tools, a supportive community and one-on-one support with mental health professionals in the one place
- can be used alone, or alongside support from a mental health professional (their own therapist or one of the experts on MOST)
- is designed with and for young people so it fits into their life (and their pocket)

### WHY MIGHT YOUNG PEOPLE USE MOST?

Young people might use MOST to:

- make sense of what's going on
- get through a tough time
- get support early, before things build up
- learn practical ways to cope with everyday challenges like stress, sleep, anxiety, body image, or uncertainty

### WHEN CAN THEY USE MOST?

MOST is available online or via the free app at any time of day.

Support from mental health professionals is available 7am-9pm AEST Monday to Friday, excluding public holidays.

### HOW CAN YOUNG PEOPLE ACCESS MOST?

- Download MOST from the [Apple App Store](#), [Google Play](#) or [sign up online at most.org.au](#).
- Create an account and answer a few questions
- Start using it straight away – it's 100% free and no referral is needed

### LEARN MORE

[most.org.au](http://most.org.au)