

Thanks for tuning in!

A massive thanks to our panellists tonight for demonstrating incredible strength by advocating for better mental health care.



Aged 16-25 and want to win a free iPad? Share your experiences on how you used digital tools during COVID-19 to support your mental health by completing this survey: <https://bit.ly/3q88BfN>

Interested to Learn More or Connect?

For more information about the YOUThe Centre for Research Excellence:

<https://www.sydney.edu.au/brain-mind/>

To learn how you can participate in our research, please contact: grace.lee@sydney.edu.au

This conversation was hosted by:



YOUThe

Through the CRE, we leverage off research enabled by private family support, as well as from other research partners including:



Health
Foundation

Future
Generation
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INVESTMENT & SOCIAL RETURNS



Useful resources

- Brain and Mind Centre: sydney.edu.au/brain-mind
- Beyond Blue: beyondblue.org.au
- Black Dog Institute: blackdoginstitute.org.au
- #ChatSafe: orygen.org.au/chatsafe
- eClipse: eclipse.org.au
- E-Mental Health in Practice: emhprac.org.au/resource/managing-your-mental-health-online-during-covid-19
- headspace: headspace.org.au
- Head to Health: headtohealth.gov.au
- Lifeline: lifeline.org.au or 13 11 14
- Moderated Online Social therapy project: most.org.au
- National Indigenous Critical Response Service: 1800 805 801
- Orygen: orygen.org.au/
- This Way Up: thiswayup.org.au/