

Mental health systems online - Taking the technology challenge

Jono Nicholas
Chief Executive Officer



Helping all young people
be happy and well.

Our services



Young
People



Schools



Support workers



Parents



**1.58 million people in
Australia every year**

Cost effective



Available 24/7

60% of use
occurs after
hours



**Rural and regional
access**

Access
Australia wide

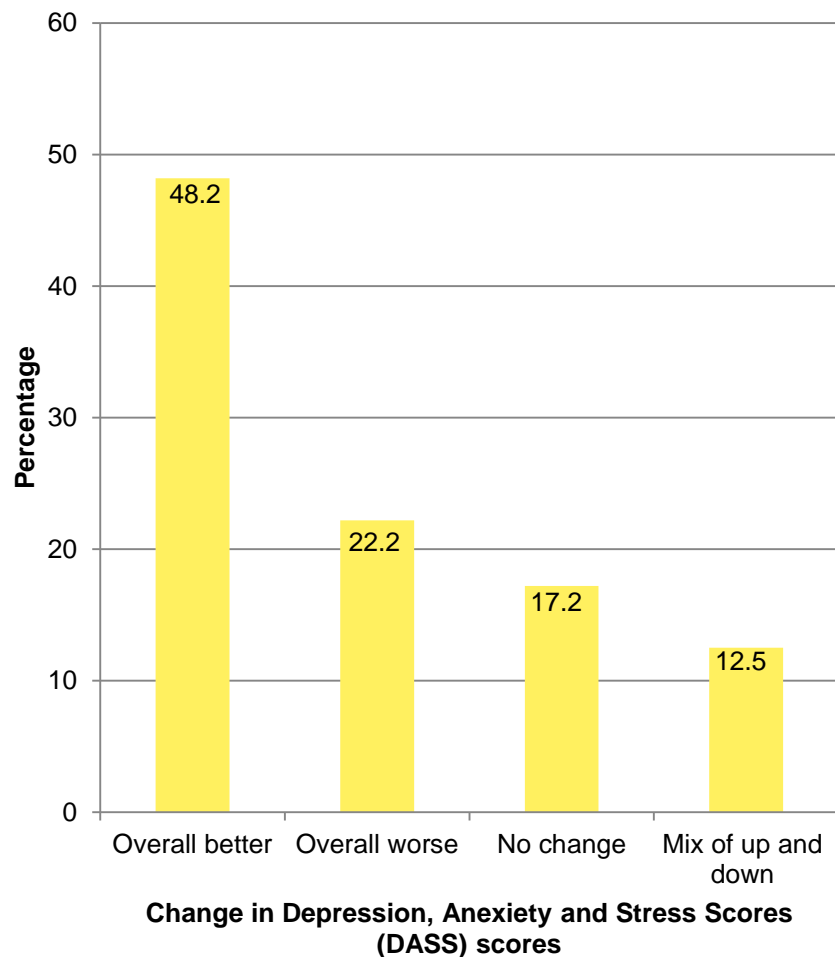


Evidence-based

Proven to be
effective

ONE CLICK AWAY?

Insights into mental health digital self-care by young Australians



- ▶ Around 50% of young people experienced an improvement in symptoms over the 3 month time period
- ▶ Those who were classified as severe/extremely severe showed the most improvement
- ▶ These improvements are over and above what would be expected in line with spontaneous remission
- ▶ More evidence required to understand more completely ReachOut's role in this change

How much has technology changed your mental health system in the last 8 years?





- ▶ **Big money**
- ▶ **Large affected population**
- ▶ **Dissatisfied community**
- ▶ **Provider controlled system**
- ▶ **Highly inefficient**
- ▶ **Government protected**

The cracks are opening

Three challenges of disrupted healthcare

1. **Globalised delivery**
2. **Profit the major motive**
3. **Governments have little influence**

Mental health reimaged

- 1. Automation of repetitive processes**
- 2. Complex systems are well organised**
- 3. Self management tools widely accessible**

Three Opportunities

- 1. Integrate digital self-help into the mental health system**
- 2. Develop a test and learn approach to delivery, with vision for scale**
- 3. Further develop investment options to encourage innovation in mental health care**



[/ReachOutAus](https://www.facebook.com/ReachOutAus)



[@ReachOut_AUS](https://twitter.com/ReachOut_AUS)



[@ReachOut_AUS](https://www.instagram.com/ReachOut_AUS)