

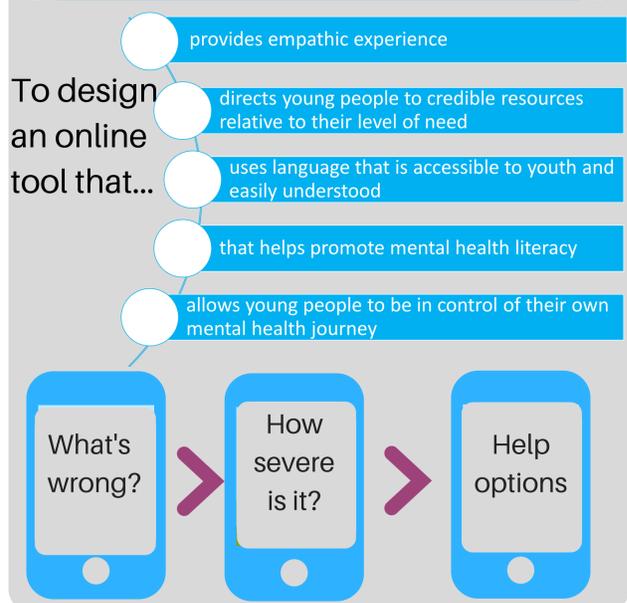
ABSTRACT

Mental health is one of the main health concerns for young people in the developed world (Kessler et al, 2007). Most young people are reluctant to seek help from mental health services (Bradford & Rickwood, 2014; Dooley & Fitzgerald, 2012; Rickwood, 2005). The objective of the research project is to develop an online tool that facilitates help-seeking for young people. It is intended that the tool will provide a positive experience and make it easier for young people to find suitable support relative to their need. This tool will combine self-ratings and intelligent techniques to help identify difficulties and recommend appropriate next steps from four levels of stepped care: self-help (e.g. online resources); phone service (e.g. helplines); community/voluntary support; or a relevant medical service. In order to develop this tool, the design process will be informed by the Medical Research Council's Complex Intervention Framework. User centered design methods will be incorporated into every phase of development to ensure that the tool meets the needs of young people.

BACKGROUND

- Early stage help-seeking improves long term prognosis (Rickwood et al, 2005).
- Very few young people would engage in formal help-seeking due to a number of barriers such as stigma, access and a preference for self-reliance (Best et al, 2016).
- The internet serves as a viable alternative to traditional care pathways as it allows them a certain degree of control and confidentiality (Bradford & Rickwood, 2014).

OBJECTIVES

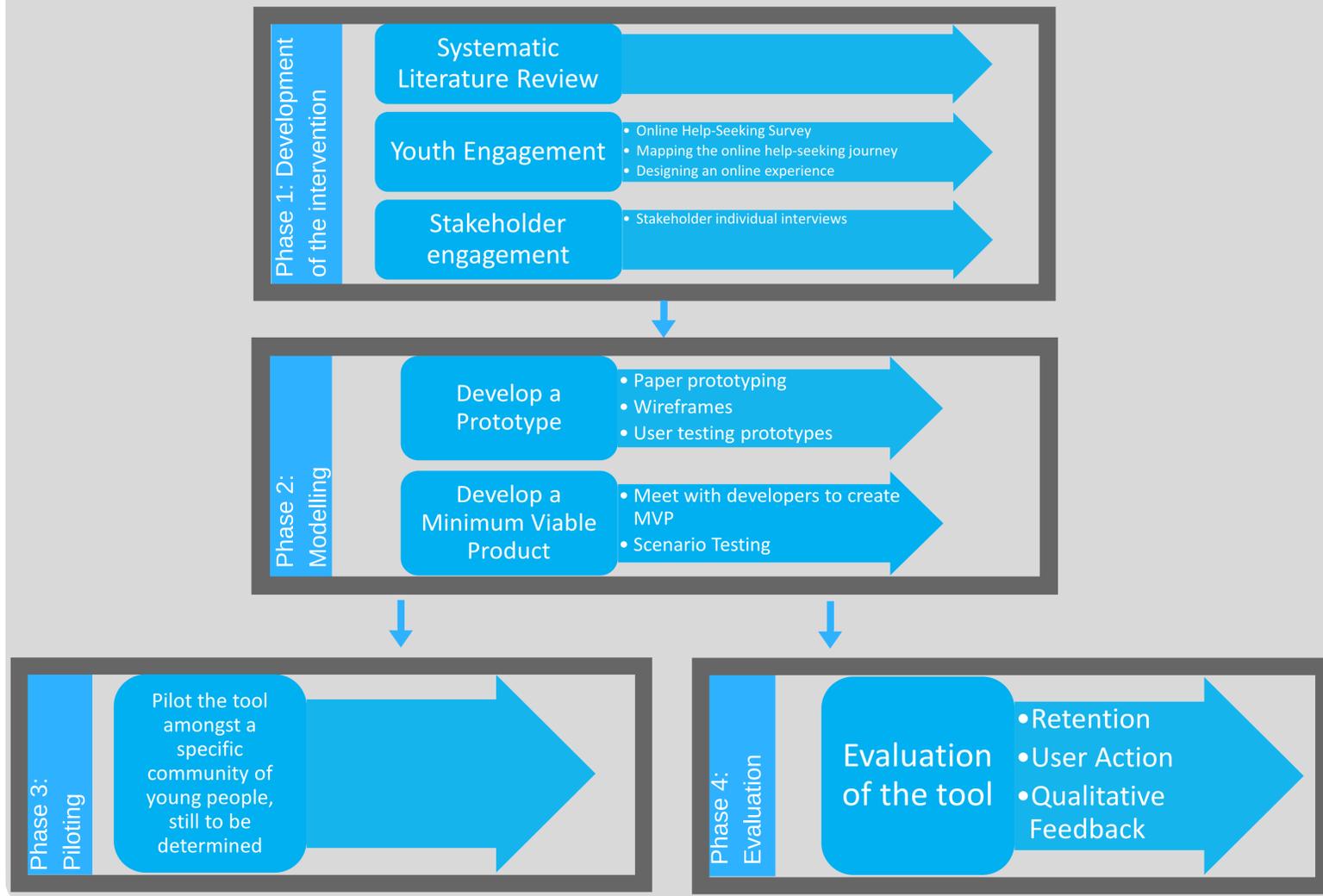


RESEARCH QUESTIONS

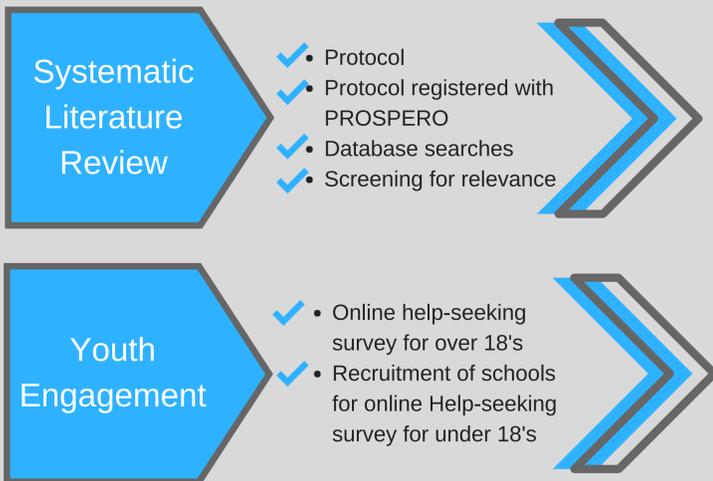
- How do young people who are experiencing mental health concerns seek help online?
- What are the benefits and limitations for young people seeking help online from mental health resources?
- How can web-based technology assist the online help-seeking process of young people?

PROJECT PLAN

This project will follow the Medical Research Council (MRC) Complex Intervention Framework. Complex interventions are made up of many components that act both on their own and in conjunction with one another.



CURRENT PROGRESS



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