MENTAL HEALTH SUPPORT FOR YOUTH AFFECTED BY COVID-19

FREE THERAPY*

Young people:

Are you feeling worried, stressed, or upset because of COVID-19?

Researchers at Swinburne University of Technology have developed a mental health program to help young people (ages 13–18) to manage pandemic-related anxiety and depression.

This support involves:

- **Six sessions of online counselling** offered through video chat.
- **Learning skills** to manage anxiety and depression.
- **Access to a website** containing self-help materials which supplements your therapy.
- **Optional parental involvement** in the counselling if you desire this.

The therapy is delivered by intern psychologists at the Swinburne Psychology Clinic.

To be eligible to participate, you need to be:

- Experiencing mental health symptoms related to the pandemic (e.g., fear of illness, worries about family getting sick, avoidance of COVID-19 reminders)
- Experiencing mental health symptoms that started during the pandemic (e.g., general worries, hopelessness about the future, sadness, withdrawal, social anxiety, difficulties sleeping at night).
- Residing and living in Victoria.

Contact us

Referrals and enquires can be made by contacting the Swinburne Psychology Clinic on the details listed below.

Telephone: 03 9214 5528
Email: psychprojects@swin.edu.au

*There will be no fees for this program if you are referred during the months of July and August 2020

Swinburne Psychology Clinic