

# MENTAL HEALTH SUPPORT FOR YOUTH AFFECTED BY COVID-19

**FREE THERAPY\***

**Teachers and mental health workers:**

**Do you know a young person who is emotionally struggling because of the COVID-19 outbreak?**

Researchers at Swinburne University of Technology have developed a mental health program to help youth aged 13–18 experiencing pandemic-related anxiety and depression.

This support involves:

- **Six sessions of online counselling** delivered through video conferencing.
- **Cognitive behavioural therapy (CBT)** skills to manage anxiety and depression.
- **Access to a website** that contains self-help materials which supplements therapy.
- **Optional parental involvement** and feedback with the youth's permission.

The therapy is delivered by intern psychologists at the Swinburne Psychology Clinic. The therapy is guided by CBT principles and informed by research on the psychological risk-factors that trigger anxiety during pandemics and infectious disease outbreaks.

To be eligible to participate, young people need to be:

- Experiencing mild-to-moderate mental health symptoms related to the pandemic (e.g., fear of illness, worries about family getting sick, avoidance of COVID-19 reminders).
- Experiencing mild-to-moderate mental health symptoms that started during the pandemic (e.g., general worries, hopelessness about the future, sadness, withdrawal, social anxiety, difficulties sleeping at night).
- Youth require parental approval to participate and need to be 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](mailto:psychprojects@swin.edu.au)

**\*There will be no fees for this program if clients are referred during the months of June and July 2020**



Swinburne Psychology Clinic