



Black Dog  
Institute

ClearlyMe®

# NO FILTER. JUST ME.

## ClearlyMe®

A mental health app to see  
teens through tough times.



1x



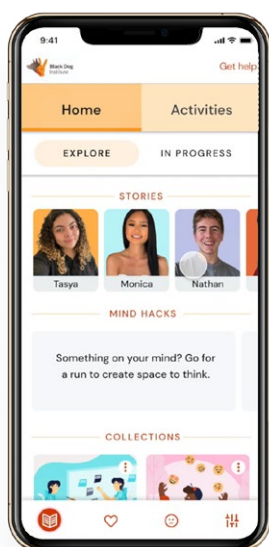
## For Parents and Carers

# ClearlyMe<sup>®</sup> is a mental health app to see teens through tough times

When teenagers go through a tough time, it's more than feeling low or sad. Tough times can also leave teens feeling stressed, worried or overwhelmed. It is normal for teens to feel these emotions, which usually arise as they learn to balance their studies and relationships or grapple with concerns like climate change. When these feelings last longer than expected, it can impact their mental health.

Almost one in four teens report experiencing mental health challenges like stress, anxiety, depression and low self-esteem.<sup>1</sup> When it comes to depression, approximately 1 in 10 Australian teens aged 11–17 meet the criteria for a diagnosis.<sup>2</sup> Finding the best type of help at the right time can be challenging.

At this age, teens are reluctant to seek professional help.<sup>3</sup> As parents, we recognise the difficulty in getting our teens to confide in us about their emotions or the challenges they face. Sometimes, we can be at a loss on how to initiate support or where to begin offering help.



## Getting started with ClearlyMe

### Overall navigation

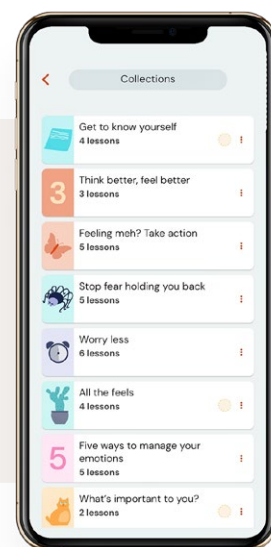
At Black Dog Institute, we've co-designed ClearlyMe<sup>®</sup> with the help of parents, teens and other mental health experts. It's a free app built in a way that makes sense for teens and uses evidence-based activities to help them navigate their thoughts, feelings, and actions in tough times.

Young people can freely explore ClearlyMe collections, activities, and features as needed at any moment. This means young people can control when and how long they interact with ClearlyMe.

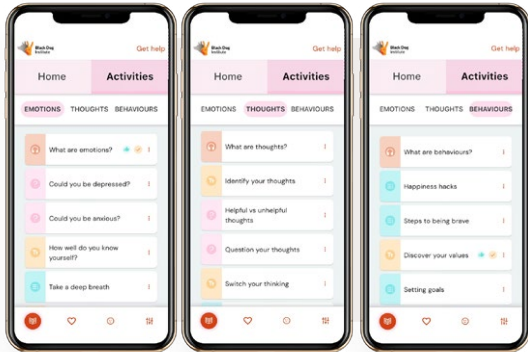
### Completing ClearlyMe through themed *Collections*

ClearlyMe consists of 37 brief evidence-based *Activities* based on Cognitive Behavioural Therapy (CBT). These *Activities* can be accessed individually through the categories of *Emotions*, *Thoughts* or *Behaviours* or by choosing one of the nine *Collections*. Each *Collection* groups activities by topics that may be relevant (e.g. depression, worry).

As a guide, individual *Activities* may take between 5 and 10 minutes to complete, and the themed *Collections* may take up to 20 minutes.



1. McHale R, et al. Youth Survey Report 2023. Sydney, NSW: Mission Australia.  
2. AIHW. Australia's youth: Mental illness. 2021.  
3. Li, S.H., et al. the Cognitive Behaviour Therapist. 2022;(15):e13.



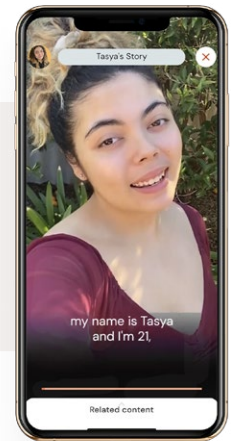
## Completing ClearlyMe by individual *Activities*

The *Activities* teach young people to build psychological skills and coping strategies for when they experience tough times. The activities also encourage young people to practise learned psychological skills outside of the app, and they can return at any time to reflect or access further content as needed.



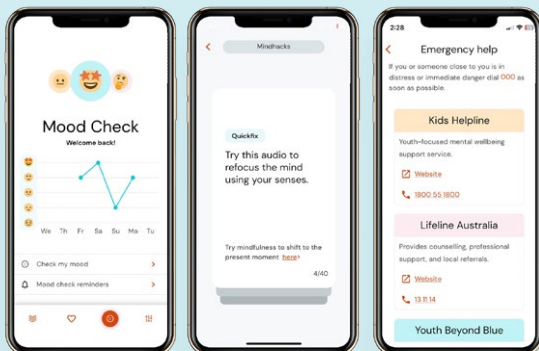
## Teen lived experience *Stories*

These showcase short videos of young peoples' experiences managing mental health symptoms and positive help-seeking experiences to provide users with additional pathways to accessing therapeutic content.



## Other features

The *Activities* teach young people to build psychological skills and coping strategies for when they experience tough times. The activities also encourage young people to practise learned psychological skills outside of the app, and they can return at any time to reflect or access further content as needed.



### **Mood Check**

A simple mood-tracking tool to visualise mood over time.

### **Mind Hack**

A carousel of swipe cards that offer quick strategies to help in the moment and link to lessons.

### **Get Help**

Contains information on when and where to access additional mental health support services.

## Introducing ClearlyMe to your teen in four simple steps



### STEP 1

#### Download and get to know ClearlyMe

Get to know the key features and how the app works. Demonstrating that you know what's in the app is a significant first step in building confidence with your teen.



### STEP 2

#### Introduce ClearlyMe to your teen

Set aside some time to show ClearlyMe to your teen. Explain that the app's purpose is to support them if they are going through a tough time. For example, they may have expressed negative thoughts, been feeling down or low, or lacking motivation.

If you think it's helpful, highlight some of the app's benefits and help them understand that it has been scientifically tested and there's evidence that the activities are effective and help teens feel better.



### STEP 3

#### Set realistic expectations

ClearlyMe can support your teen in the moment or over long periods. If they are learning CBT strategies for the first time, you can let them know these skills take time and practice to develop and that progress may be gradual.

It is important to remind teens that ClearlyMe is only one tool to support their mental health and that it's okay to take breaks or seek additional support if needed.



### STEP 4

#### Offer support and encouragement (optional)

It is important to remember that some teens will find it hard to share their experiences or might not want to talk at all. Since ClearlyMe can safely and effectively be used as a self-guided tool, checking in with your teen is optional, and it may just be to let them know they are supported if needed.

Our research has shown that ClearlyMe can help teens think and feel better during tough times. If we address concerns early, we can help them feel motivated, grounded and reassured to be their best selves and thrive in school and life.

For more information please email:

[clearlyme@blackdog.org.au](mailto:clearlyme@blackdog.org.au)

