

MYCOMPASS



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Welcome to **myCompass**

A personalised self-help tool for your mental health

Information for

USERS

MYCOMPASS

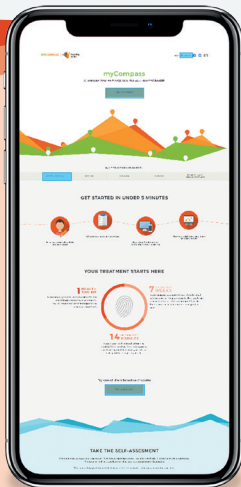


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What is myCompass?

- myCompass is a free online self-help program for people who have been feeling down, stressed or anxious or simply want to build good mental health.
- Its core features include fourteen different interactive learning Activities and a lifestyle Tracking feature to help you better understand yourself and learn strategies to improve your mental health.
- The learning Activities deliver proven psychological techniques used by doctors and psychologists such as cognitive behaviour therapy (CBT).



Who's it for?

Requiring minimal technical skills, myCompass is for people who:

- have been feeling down, stressed or anxious.
- would like to improve their mental health.
- are aged 18 – 75 years.
- read English with ease.

What's the commitment?

- Ideally, you need to commit to the program for a minimum of seven weeks to gain the full benefit.
- Each online learning Activity is comprised of up to three 10 - 15 minute sessions that can be completed at your convenience.
- Completing the Tracking component takes around 1 - 2 minutes per day.



How does it work?

- myCompass offers a personalised experience and can recommend learning Activities and tracking areas that best match your needs. Alternatively, you can select Activities and Tracking areas that most interest you.
- The myCompass lifestyle Tracking feature allows you to track your thoughts, feelings and behaviours and provides graphical feedback to help you recognise unhelpful patterns and possible triggers.



ACTIVITIES



TRACKING



STRATEGIES

mycompass.org.au



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