

Science.  
Compassion.  
Action.



**Black Dog**  
Institute

Turning Science  
into Action

We acknowledge the Aboriginal and Torres Strait Islander peoples as the first inhabitants of this nation and the traditional custodians of the lands where we live, learn and work. We pay respects to all Aboriginal and Torres Strait Islander Elders past, present and emerging from all nations across this country.



## Message from the Chief Scientist and Director Professor Sam Harvey

It is a privilege to write the foreword for our Impact Report and to have the opportunity to extend our gratitude to supporters like you. Your generosity and commitment have played a pivotal role in advancing our mission and making a tangible difference in the lives of countless individuals. Without you, we would not have been able to accomplish the vital work we have undertaken in the past financial year.

So it is with great pleasure that I present to you our FY23 report, which highlights the tremendous impact of your donations. It serves as a testament to the positive outcomes we've achieved together, thanks to your ongoing contributions. Your belief in our cause and dedication to improving mental health outcomes have been instrumental in transforming lives and fostering a more compassionate and supportive society.

In this report, you'll find comprehensive insights into some of the initiatives and projects that you've helped bring to life. I am particularly thrilled to share with you the launch of our app, Sleep Ninja. This innovative tool, developed in collaboration with experts from a variety of fields and young people, has been proven to improve the sleep patterns and well-being of adolescents. Your contributions have contributed to bringing this work to fruition, and we are excited to witness its positive impact unfold.

Additionally, I'm pleased to inform you about the expansion of our National Emergency Worker Support Service



(NEWSS). This critical service, made possible through your continued generosity, offers free and confidential mental health support to emergency service workers and volunteers throughout Australia. By extending our reach of this important program, we can provide crucial assistance needed by those who dedicate themselves to keeping our communities safe.

Once again, I extend my heartfelt appreciation to you for your incredible support and belief in our mission. Your generosity has empowered us to create lasting change and make a profound difference in the lives of people facing mental health challenges. Together, we are fostering a society that embraces and supports mental well-being.

I hope you find our latest report informative in demonstrating the collective impact we have achieved. Your contributions are at the heart of everything we do, and I'm deeply grateful for your continued partnership. Together, let's continue to pave the way for better mental health in the community. Thank you for everything you do.



## Science. Compassion. Action.

1 in 5 of us will experience symptoms of mental illness in any given year. In Australia that's around 5 million people. And roughly 50% of these people won't seek help.

As the only medical research institute in Australia to investigate mental health across the lifespan, our aim is to create a mentally healthier world for everyone.

We do this through translational research. Integrating our research studies, education programs, digital tools and apps, clinical services, and public resources to discover new solutions,

foster connections and create real-world change.

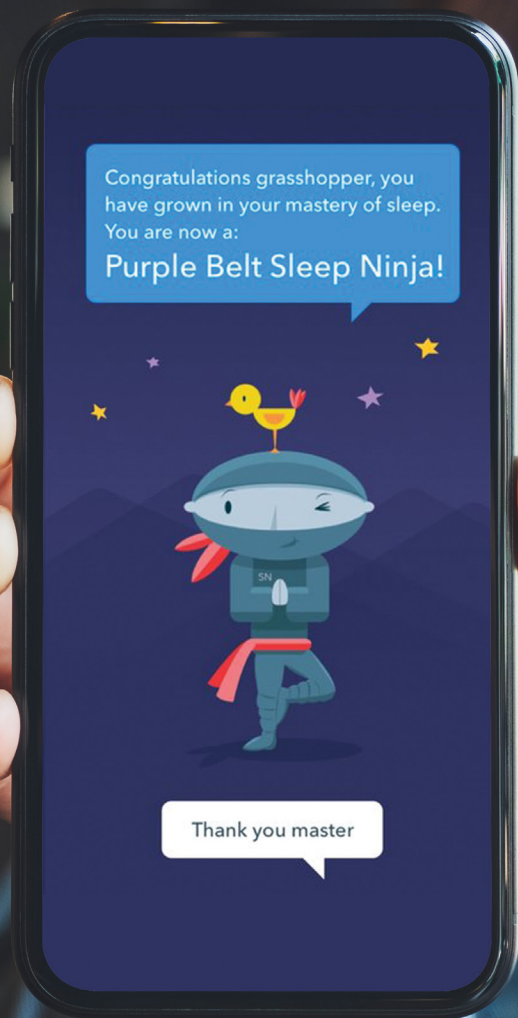
Our partnerships with people with lived experience, federal, state and local governments, communities, schools, corporate Australia and others in the mental health sector enables us to drive evidence-informed change in mental health where it's needed most.



## Here's what you helped us do this year



- > Over 27,000 people across NSW have completed our free mental health training
- > 99% of attendees reported they would recommend the training to others
- > Contributed to the World Health Organization's first-ever global guidelines for mental health
- > Launched the Aboriginal and Torres Strait Islander Lived Experience Portal which elevates the voices of Indigenous lived experience
- > Released the Youth Depression Report which shows that youth depression has doubled in the last 14 years
- > Launched a report to inform suicide prevention efforts in veterans and made recommendations to the Royal Commission into Defence and Veteran Suicide.
- > Held the Summit of Self-Harm, a first time event that brought world-leading researchers, clinicians and lived experience experts to unpack and explore the challenges and solutions surrounding self harm
- > Started the Vibe Up study, a first of its kind digital intervention for university students that aims to reduce distress and improve mental well-being.



## Sleep Ninja

Adolescents face numerous challenges when it comes to getting the recommended 8–10 hours of sleep each night. In fact, research indicates that approximately 40% of young people will experience significant sleep problems by early high school. These sleep difficulties are closely associated with an increased risk of mental health problems, such as depression and anxiety. Recognizing the vital role sleep plays in these disorders, it becomes evident that improving adolescent sleep holds great potential for preventing mental health issues.

At the Black Dog Institute, we are committed to promoting emotional, social, and physical well-being, as well as academic performance, both now and in the future. We firmly believe that addressing the issue of quality sleep forms the foundation for achieving these goals. By prioritizing healthy sleep habits, we can positively impact various aspects of an adolescent's life.

That's why we are excited to introduce Sleep Ninja—a revolutionary app specifically designed to help young people improve their sleep.

Developed at the Black Dog Institute in close collaboration with young individuals, their parents or caregivers, psychologists, counsellors, and sleep experts, Sleep Ninja is the first of its kind—an app focused on enhancing the sleep quality of adolescents. It provides valuable tools, strategies, and guidance tailored to their unique sleep needs, empowering them to establish healthy sleep routines and experience the benefits of restorative rest.

With Sleep Ninja, we aim to equip young individuals with the necessary resources to optimize their sleep patterns, thereby supporting their overall well-being and mental health. We are thrilled to offer this innovative solution and remain dedicated to promoting healthy sleep habits among adolescents.



## National Emergency Worker Support Service

Black Dog Institute is proud to announce the expansion of the National Emergency Worker Support Service this year. This essential service is specifically designed to provide free and confidential mental health support to emergency service workers and volunteers across all regions of Australia.

Recognizing that emergency workers respond to stress and trauma in diverse ways, our national service offers a range of avenues to seek

support. One key feature is an online mental health check, which helps individuals connect with appropriate support based on their unique needs. This includes the opportunity to receive 12 free sessions with trauma-informed clinical psychologists, either through face-to-face consultations or via telehealth.

In addition to the clinician-led sessions, the service also provides resources for those who prefer a more self-guided approach to their treatment. We offer

a variety of tailored digital resources and evidence-based tools to empower individuals in their mental health journey.

Originally focused on providing PTSD support to those affected by bushfires and other natural disasters, the National Emergency Worker Support Service has now expanded to cater to a wider cohort of emergency workers. It's worth noting that at our leading clinic for treating severe PTSD, an impressive 80% of individuals have achieved full and lasting recovery.

Furthermore, the service includes professional development opportunities and the latest evidence-based mental

health training for GPs and Health Professionals. This ensures that local support is available for first responders and facilitates a streamlined referral process to specialist mental health care.

We are thrilled to offer this comprehensive support service to our dedicated emergency service workers and volunteers nationwide. Together, we can prioritize their mental well-being, provide crucial assistance, and continue to strengthen the resilience of those who selflessly serve our communities.

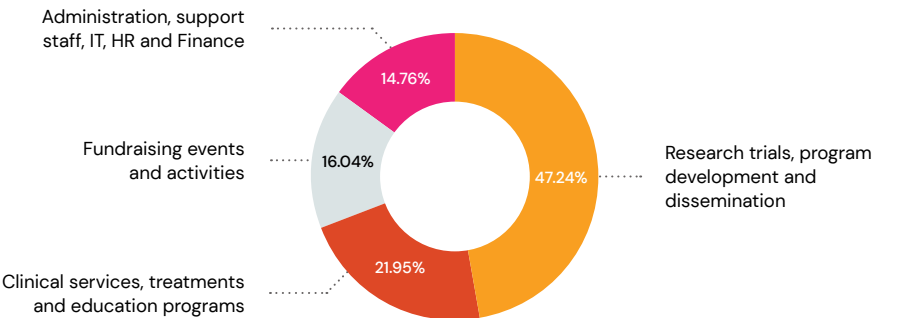


# How funds are used

Black Dog Institute understands it is important for you to know how donations contribute to our work. We appreciate all financial contributions and strive to ensure funds are used wisely, efficiently and in line with our finance, expenditure and governance policies.

Based on FY22 financials, 69.2 cents of every dollar donated to us directly funds our innovative mental health research, clinical treatments and education programs, while the remainder enables us to make sure we're operating as efficiently as possible and sustainably planning for the future. Your donation contributes to ensuring we can continue to scale our programs and create a mentally healthier world for everyone.

## Breakdown of our expenditure\*



FY22		
Research trials, program development and dissemination	\$22,364,850	47.24%
Clinical services, online treatments and education programs	\$10,393,307	21.95%
Fundraising events and activities	\$7,595,376	16.04%
Administration, support staff, IT, HR and Finance	\$6,987,843	14.76%
Total	\$47,341,376	100%

\*FY22 are the latest available audited financials

Black Dog Institute is a registered non-profit organisation with deductible gift recipient status, and all donations over \$2 are tax deductible. We are independently audited. For our full audited financial statements, please refer to our records on our website.

# Thank You

By supporting us, you are helping us turn research into action by allowing us to plan ahead. These donations allow us to continue to support mental health by helping us plan and invest for the future. It is only because of you that we know we can continue to support our vital work.



During this challenging time if you, a family member or a friend are in immediate danger or psychological distress, we strongly encourage you to get in contact with the following crisis services:

- > Emergency: 000
- > Lifeline: 13 11 14
- > Kids Helpline: 1800 55 1800
- > MensLine: 1300 78 99 78
- > Suicide Call Back Service: 1300 659 467

# We are the voice of mental health science

To find out more about the  
Black Dog Institute or any of  
our programs please visit:

[blackdoginstitute.org.au](https://blackdoginstitute.org.au)



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