



**Black Dog  
Institute**

**BETTER : MENTAL HEALTH**

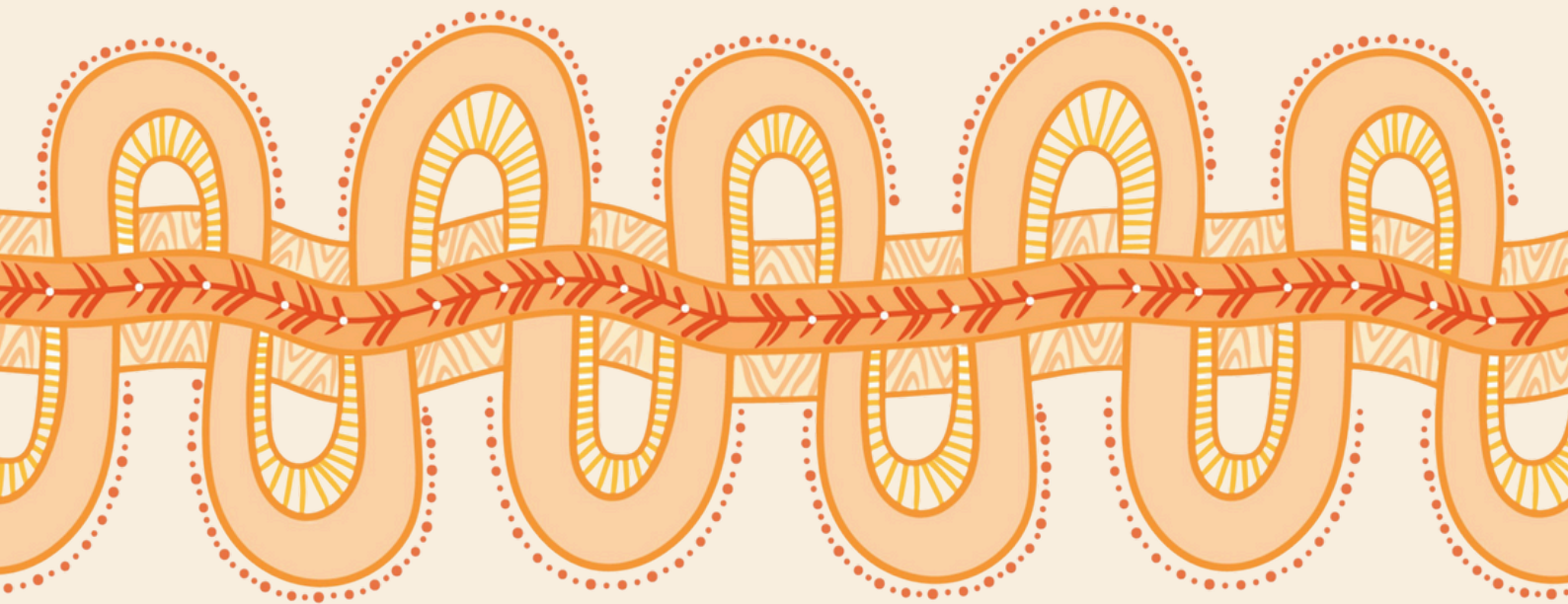
# Impact Report

2024





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 the country.



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

It's an honour to pen the foreword for our FY24 Impact Report and extend my deepest gratitude to you, for your continued support. Your generosity has allowed us to continue our mission and strive for better mental health for all Australians. Without your support, the remarkable achievements the team at the Black Dog Institute have made over the past year would not have been possible.

This report is a testament to the profound impact your donations have and showcases the transformative outcomes we've achieved together.

Over the last year we have seen more evidence of the increasing rates of mental ill health amongst young Australians. We are now passing on worse mental health to the next generation of Australians than has ever occurred previously. Given this distressing trend, over the last year at Black Dog Institute we have accelerated our work into preventing and treating childhood mental health issues with research projects like MindMaster. MindMaster is a groundbreaking online mental health tool being collaboratively created with experts, children, and parents. Your contributions have been pivotal in enabling research like this, helping us shape a brighter future for children's mental well-being.

Additionally, your support has empowered our advocacy efforts, enabling us to provide expert advice to governments and stakeholders. Through evidence-based recommendations, we've influenced



key policy areas such as prevention programs for mental illness and suicide, a new national early intervention mental health service, new social media policies and better support for young people facing mental health challenges. Your generosity has been instrumental in shaping policies that promote a more compassionate and supportive environment for mental health.

As we reflect on our achievements, we recognise that our work is far from over. Looking ahead, we're committed to expanding the mental health workforce, strengthening youth programs, enhancing workplace initiatives, and advancing systemic reforms to meet the evolving needs of our community.

Once again, I sincerely thank you for your unwavering support and dedication to our mission. Your contributions have empowered us to create lasting change and make a profound difference in the lives of those affected by mental health challenges.

Together, we're building a society that embraces mental well-being, and your continued partnership is invaluable on this journey. 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.



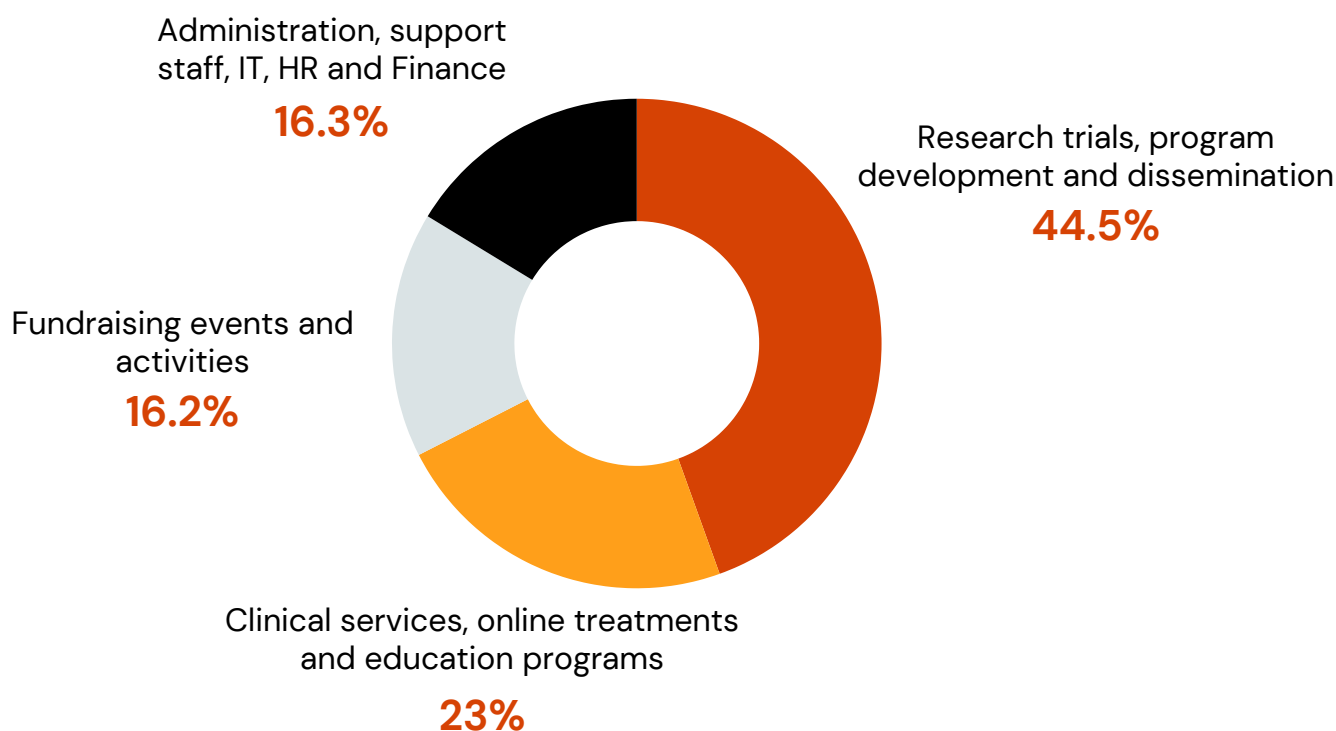






# How funds are used

Black Dog Institute understand 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.

In FY24, **68 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 ensure we can continue to scale our programs and create a better mental health for everyone.

## Breakdown of our expenditure



Overhead broken down		
	Research trials, program development and dissemination	\$21,894,227
	Clinical services, online treatments and education programs	\$11,304,612
	Fundraising events and activities	\$7,981,543
	Administration, support staff, IT, HR and Finance	\$8,018,715

*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.*

# Snapshot of what you helped us do this year

1.9 million+  
online visitors

139,306  
pdf resource  
downloads  
fact sheets &  
health  
professional aids



5,127+

clinic patients in person  
and through telehealth



239  
presentations  
delivered to



10,125+  
youths in schools  
across Australia



across all  
states and territories

96,100+  
people used our  
Online Clinic

96%  
completion  
rate



1,224+  
organisations were delivered  
face to face and online  
education programs



1,224  
delivering workshops  
into workplaces  
and health  
professional settings

- 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
- Contributed to the World Health Organisation's first-ever global guidelines for mental health.



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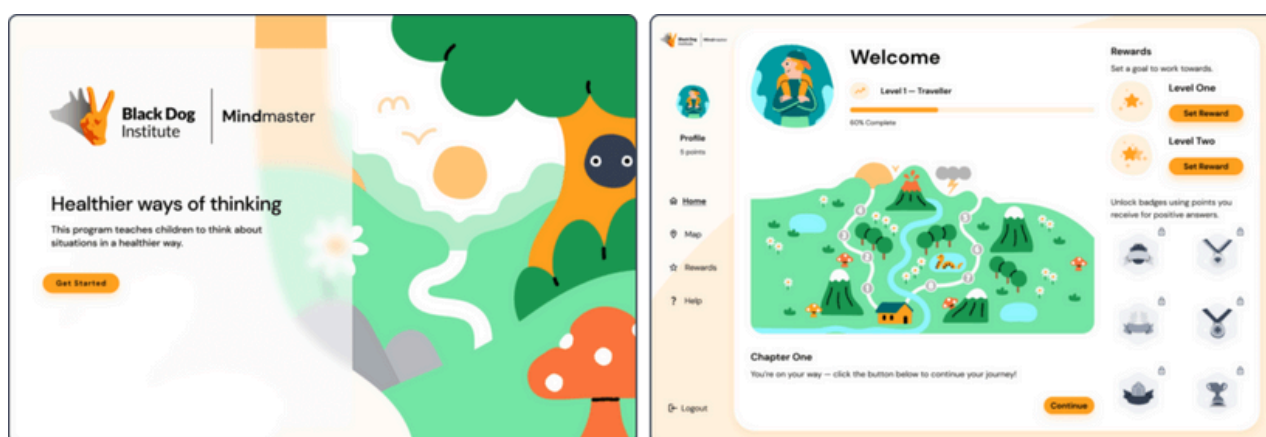


# Mindmaster

An online tool to teach children with anxiety and depression healthier ways of thinking

In Australia, 1 in 5 children grapple with high levels of anxiety or depression, yet only 25% receive evidence-based care. Untreated, these issues can snowball into serious emotional, social, and financial burdens for families and society. Connecting with support services is a major challenge, with psychologist wait times stretching from 6 to 12 months.

Enter Mindmaster, an innovative online tool from the Black Dog Institute. Thanks to the support from people like you, and developed in collaboration with kids, parents, and mental health pros, Mindmaster teaches children healthier ways to think about tough situations. Currently, we're trialling Mindmaster to see if it can boost kids' mental health and whether they find it fun and engaging.



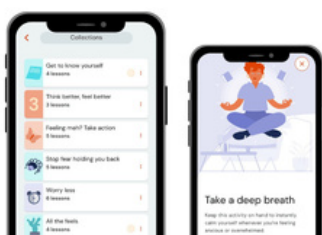
Our research focuses on cognitive bias modification of interpretation (CBM-1) for children aged 8–10 with high anxiety or depression. Participants are randomly assigned to either the Mindmaster intervention or a waitlist control group. We'll assess data at baseline, after the intervention/wait period, and one month later to gauge its effectiveness.

Mindmaster aims to provide early, accessible, and effective help, tackling long wait times and making mental health support more reachable for families. Your donations are turning this vision into reality.

# Clearly Me

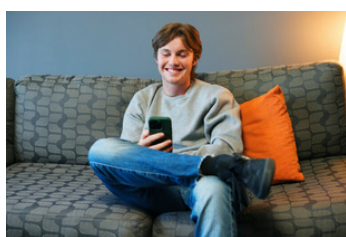
ClearlyMe® is an app designed for teens aged 12–17 who are experiencing depressive symptoms, psychological distress or in other words, going through a tough time.

Since ClearlyMe was made available in June 2024, it has been downloaded over 12,000 times across Apple's App Store and Google Play. ClearlyMe has more than 35 brief CBT-based activities with an average completion rate of almost 90%, and users have collectively completed them more than 4500 times.



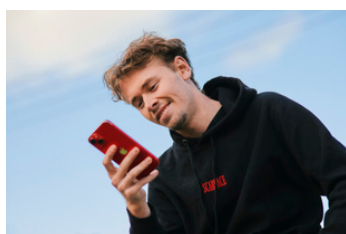
## **For all tough moments, brief or long**

Based on Cognitive Behavioural Therapy or CBT and gives you coping strategies and tools to overcome negative thinking, low mood, difficulties relaxing and maintaining motivation.



## **Created by teens. For teens.**

With the help of other teens, we've brought together the best coping strategies and activities backed by science. And we've built them in a way that makes sense for you to use and practice.



## **Free to use. Anywhere. Anytime.**

So, whether that's in private at home. Or on the bus to school with your friends. Find help in the moment and save your favourite content to return to it later.



## **By yourself or with help from others.**

Complete the ClearlyMe Collections or Activities in any order, by yourself or, with the help of friends, parents or mental health professionals.

“I really liked 'Five ways to manage your emotions' because when I was having a couple issues with my friends it helped me kind of reflect on my own emotions and what I was feeling, it helped me come to terms with it myself.”



# Delving into the impact of screen use on adolescent well-being

Teens are immersed in the online world where screens have become a popular medium for entertainment, connection, and learning. While we know that screens provide numerous benefits and opportunities, it is crucial to examine their impact on adolescent mental health.

Understanding this will help us, as a society, find the best ways to support teens to thrive in the digital world.



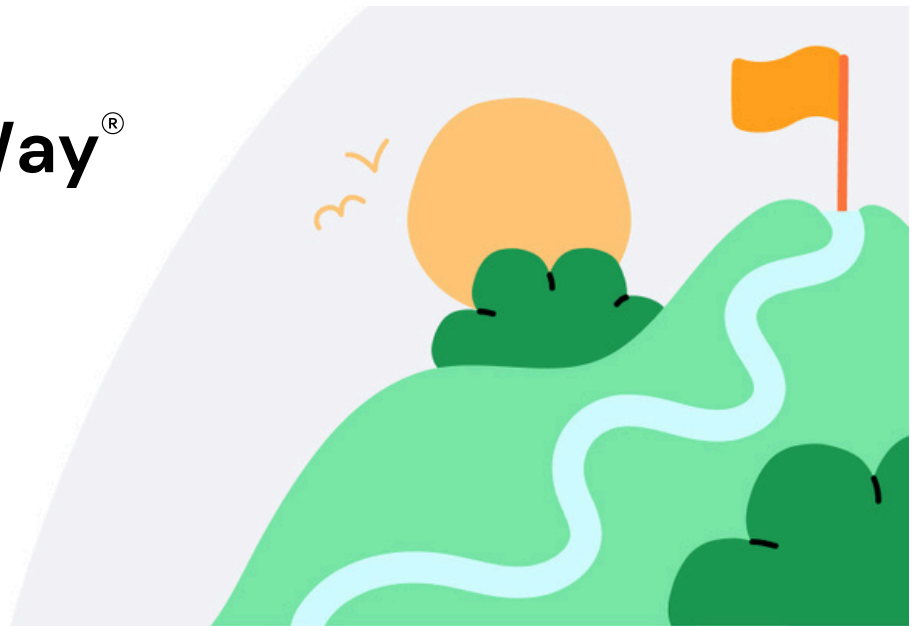
## Project aim

To provide clear guidance and support for healthy technology use among adolescents, ensuring they can benefit from the digital world while maintaining their mental health and wellbeing.

# myNewWay research developments

myNewWay® is a smartphone app that helps adults manage their mental health in conjunction with care provided by a health professional. The activities in myNewWay use are based on gold-standard treatment for depression and anxiety, which includes Cognitive Behavioural Therapy, values-based goal setting, mindfulness, and emotion regulation techniques. The app is designed to deliver an individually tailored treatment program based on the users' needs, with a particular focus on harnessing individual strengths and improving mental wellbeing.

**myNewWay®**



## Project Plan

Throughout 2023–2024, the project team evaluated the acceptability, feasibility, and effectiveness of the smartphone app when used by clients currently being treated by psychologists for anxiety and/or depression in Australia. Findings and feedback from the myNewWay app will be used to plan Phase II of the project, which may involve updates to the smartphone app and online portal before public release.



# Evidence-based Research Policy Work

At the Black Dog Institute, we're not just talking about change—we're making it happen. Our mission is to improve mental health and prevent suicide through expert advice, evidence-based research, and relentless advocacy. Here's what we've accomplished, thanks to your incredible support.

Over the past year, we've provided expert advice to governments and stakeholders at national, state, and territory levels. Black Dog Institute has made submissions and contributions to major mental health inquiries, including:

- [NSW Pre-Budget Submission](#)
- [Inquiry into social media impacts on Australian Society](#)

Our evidence-based approach has influenced policies that aim to improve mental health outcomes across Australia. Through research-driven briefings, policy proposals, submissions, articles, and position statements, we've targeted key areas that matter most:

**Prevention of Mental Illness and Suicide:** Our advocacy has led to the implementation of preventive measures, saving countless lives and fostering a healthier society. **Digital Mental Health Services:** We've championed digital solutions that make mental health support more accessible, especially in remote and underserved areas.

**Mental Health for Young People:** Our focus on youth mental health has driven policies supporting early intervention and ongoing care, addressing the rising rates of depression among young Australians.

**Workplace Mental Health:** By advocating for mental health programs in workplaces, we've helped create environments where employees can thrive both mentally and professionally.

**Mental Health System Reform:** Our continuous push for systemic reform has begun to reshape the mental health landscape, making it more efficient and responsive to the needs of all Australians.



**BETTER**



**RESEARCH  
PREVENTION  
HOPE  
MENTAL HEALTH  
TREATMENTS**

## Evidence-based Goals

We couldn't have achieved any of this without your generous support. Your contributions have been pivotal in driving our mission forward. But our work is far from done. Here's where we need to go next:

**Expand Digital Services:** We aim to further develop and deploy digital mental health tools, ensuring that everyone, regardless of location, has access to support.

**Strengthen Programs:** We need to deepen our focus on all Australians now and for the future, providing them with the tools and support necessary to navigate their mental health challenges.

**Enhance Workplace Initiatives:** We plan to expand our workplace mental health programs, helping more businesses create supportive environments for their employees.

**Advance System Reforms:** Continued advocacy for comprehensive mental health system reform remains critical to meeting the growing needs of our population.

The World Health Organisation predicts that by 2030, depression will be the leading cause of disease burden globally. We're determined to prevent this prediction from becoming a reality. Our call to action is clear: we need governments to commit to protecting the mental health of our young people now and for the future.



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To find out more about Black  
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programs, please visit  
[blackdoginstitute.org.au](https://blackdoginstitute.org.au)



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