

# MENTAL HEALTH SUPPORT FOR YOUTH AFFECTED BY COVID-19

## Cognitive Behaviour 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 Australia.

### Referrals

Referrals can be made by completing the [Initial Referral Form](#) online.

Parents, teachers, and other professionals working with youths can request an assessment for a young person using this form. Young people aged 18-years may self-refer.

**\$10 for the initial assessment and  
\$10 for each subsequent session**



Swinburne Psychology Clinic