

# WHILE WE WAIT

## FINDING HOPE AND SUPPORT FOR ADOLESCENTS WAITING FOR MENTAL HEALTH TREATMENT

You are invited to take part in a study trialling **a new service for adolescents who are on a waitlist for mental health treatment.**

### THE STUDY IS SUITABLE FOR GPs WHO:

- Treat young people aged 14-17 on a regular basis
- Are located within Central Eastern Sydney or South Eastern NSW Primary Health Networks (CESPHN or Coordinare)
- Can offer bulk-billed follow-up appointments
- Have the capacity to talk about this study with eligible patients in appointments



### WHAT IS THIS STUDY ABOUT?

We've worked with GPs and adolescents to co-design a new digital service that supports both during the wait time for mental healthcare. This service is designed to:

- Help GPs give adolescents better support during the wait time
- Strengthen GPs' relationships with adolescent patients
- Connect adolescents with digital tools to build their coping skills
- Prepare adolescents for treatment

This study will evaluate whether this new service helps GPs and adolescents during the wait time.



### WHY THIS MATTERS

This initiative helps GPs support young people in a simple, low-burden way — providing something meaningful during the wait, while also contributing to important research.

**Get up to \$250 for taking part**



### WHO IS CONDUCTING THIS STUDY?

This study is being led by Professor Bridianne O'Dea from Flinders University Institute for Mental Health and Wellbeing, and a team of other mental health researchers from Australia. This study has been approved by Flinders University Human Research Ethics Committee (#8728).

### FIND OUT MORE

Read the Full Information Sheet [here](#)  
Interested? Email your details to [whilewait@flinders.edu.au](mailto:whilewait@flinders.edu.au)

