



Australia's
Global
University



**Black Dog
Institute**

A mobile app delivering
culturally-relevant and
evidence-based suicide
prevention treatment for
young people in real time



*iBobbly Suicide Prevention App
delivered via tablet or smartphone*

More information

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Mobile apps for suicide prevention

Black Dog Institute

Competitive advantage

Using technology to save young lives

- World-first mobile app delivering culturally-specific suicide prevention treatment, 24 hours per day.
- Based on proven psychological therapy to manage suicidal thoughts.
- Suitable for people with low literacy skills.
- Maintains anonymity, limiting shame and overcoming perceived stigma.
- Overcomes geographical isolation.
- Language content of app has been translated to Chinese.

Recent research projects

- Pilot trial demonstrates the app reduces distress, depression and suicidal ideation.
- Large multi-site trial currently underway investigating effectiveness.
- Developed machine learning techniques to identify individual suicide risk on social media, enabling delivery of suicide prevention apps in real time.

Successful applications

- MoodGYM: online treatment and prevention program for adults with depression and anxiety. Translated to Chinese, German, Dutch, Norwegian and Finnish.
- myCompass: online treatment program for adults with depression and anxiety. Available in Australia, United Kingdom and Sweden.
- SHUTi: online insomnia treatment program for the prevention of depression in adults. Available in Australia and United States of America.

Facilities and infrastructure

- Black Dog Institute, a global leader in translational mental health research, with a fully-automated research platform to deliver digital programs and mobile apps in clinical trials and implementation studies.

Our experts



Professor Helen Christensen



Dr Fiona Shand



新南威尔士大学火炬创新园区
Torch Innovation Precinct at UNSW