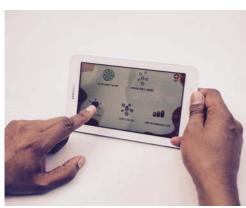




A mobile app delivering culturally-relevant and evidence-based suicide prevention treatment for young people in real time



iBobbly Suicide Prevention App delivered via tablet or smartphone

More information

Nicole Cockayne

Director of Discovery and Innovation, Black Dog Institute, UNSW Medicine

T: +61 (0) 2 9382 8505

E: n.cockayne@blackdog.org.au

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

