



**Black Dog
Institute**

myCompass

Start your journey with myCompass

Do you want to learn how to manage stress, worry and changes in mood at a pace that suits you? myCompass is a free online tool that guides you through scientifically-proven activities that help improve mild-to-moderate symptoms of stress, anxiety and depression in just 7-weeks!. It's personalised to your needs, so you can stay on course to build better mental health.



What you need to know:



Personalised for your needs

myCompass can recommend learning activities that best suit your needs.



Track how you feel

You can track your thoughts, feelings and behaviours, and you'll receive graphical feedback to help you recognise unhelpful patterns and possible triggers.



It fits into your schedule

myCompass is flexible, easy to access and self-guided, so you can work it into your schedule.



It's free!

myCompass is free to use and we promise, there are no hidden costs.



Backed by research

Designed and developed by researchers at the Black Dog Institute, it's informed by evidence-based techniques used by doctors and psychologists.

When used correctly, myCompass enables lasting improvements to mood, anxiety and stress levels. There's never been a better time to start than now.

Who is it for?

myCompass is for people who:

- > Have been feeling down, stressed or anxious.
- > Would like to improve their mental health.
- > Are aged over 18.
- > Read English with ease.

What's the commitment?

- > Best results are seen with active use for a minimum of 7-weeks¹.
- > myCompass has 14 interactive learning activities. Each include up to 3, 10 - 15 minute sessions that you can complete in your own time.
- > Completing the tracking component takes around 1-2 minutes per day.



Get started in under 5 minutes



Enter some simple details about yourself



Choose your program activities



Begin your treatment on computer or mobile device



View your dashboard and track ongoing results

1. Proudfoot, Judith, et al. Impact of a mobile phone and web program on symptoms and functional outcomes for people with mild-to-moderate depression, anxiety and stress: a randomised controlled trial. BMC Psychiatry 2013;13:312. <http://doi.org/10.1186/1471-244X13-312> Published online November 18, 2013.

mycompass.org.au

myCompass has been approved by the Therapeutic Goods Act (ARTG, 370955). Follow the instructions for use. If symptoms persist, worsen or change unexpectedly, talk to your health professional.



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