

Supplementary Material 3. Storyboards

Jack

This is Jack. He's in year 11 and trying to balance his social life and his studies.

Sometimes Jack wakes up feeling really down and can't find motivation to get out of bed. He feels like there might be something wrong with him.

He wants to talk to someone about it, but his Dad doesn't understand him.

He would normally go to his friends but they are all stressed at the moment because of exams.

He tries to look online for some answers but isn't sure what to search for.

He gives up and takes his mind off of things, distracting himself with Instagram. Then he notices an ad from BDMH for an app about teen mental health.

He explores the app and finds some info that suggests he might be depressed and feels validated by the symptoms list.

Having found some answers and an accessible support program, Jack wakes up feeling more positive and clear on the steps he can take.

Emily

This is Emily. She recently moved to a new school and is loving her new environment and the friends she's made.

Her new school offers resilience programs and group meditation sessions weekly.

Recently, she has noticed her friend Amelia gets very anxious about school work and has panic attacks about assignments.

Emily has suggested visiting the counsellor, but her friend is self-conscious and doesn't want people to see her going to the office because they'll think she's 'mental'.

Emily searches online for support and recognises a BDMH app from a Mental Health session with the Year Advisor.

She looks through and finds some easy coping strategies she could help Amelia with. There is also a topic called 'the best things to say when your friend needs help', which Emily has favoured for later.

Emily sends Amelia a link to the App, and lets her know that she's always there to talk.

The next time Amelia starts to feel panicked, the girls discreetly use a breathing exercise together. Amelia feels reassured and calm in the moment.

Matt

This is Matt. He's been seeing a psychologist for a few years as he struggles with anxiety and depression.

Matt thinks his psychologist is much better than the others he had seen - they've clicked and Matt feels more comfortable talking to him.

They'll often make good progress during a session but Matt will often forget what they've discussed by the next session - and he rarely does the homework.

His psychologist has suggested sharing info with Matt's parents so they can go over topics at home between sessions, but Matt wants to keep his sessions private.

Recently his psychologist suggested a new app, YCBT, and they used it together during a session - setting a reminder to have another look at it during the week.

A few days later, Matt sees the reminder and takes another look at the app at home.

He sees that the 'homework' is actually just a couple of short videos to watch, so he watches a few of them and recognises some of the topics from his last session.

In their next session, they go over what Matt did on the app during the week and Matt was able to recall some of the concept more clearly.