

# Doing It Tough?



**Feeling a bit stressed,  
worried or low?**

**Help is available on your mobile phone**

In a world first, using the latest technology, we will bring you tried and tested mental health and wellbeing tools to help you learn how to understand and manage your stress, worry and low mood.

**We are looking for people to take part in our research study.**

## Who is eligible?

YOU can take part in this opportunity if you:

- ✓ Are aged 18 -75 years and live in Australia
- ✓ Have access to a computer with an internet connection
- ✓ Have a valid email address
- ✓ Are feeling stressed, worried or low
- ✓ Have an internet-enabled mobile phone

## What is involved?

During this 18 week research project you will use a newly-developed internet and mobile phone based program to learn how different situations affect you and how to stay positive despite life's ups and downs.

To register your interest in using this program visit:  
<https://mycompassinterestform.questionpro.com/>



**UNSW**

THE UNIVERSITY OF NEW SOUTH WALES

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