Welcome to myCompass
A personalised self-help tool for your mental health
What is myCompass?

- myCompass is a free online self-help program for people who have been feeling down, stressed or anxious or simply want to build good mental health.
- Its core features include fourteen different interactive learning Activities and a lifestyle Tracking feature to help you better understand yourself and learn strategies to improve your mental health.
- The learning Activities deliver proven psychological techniques used by doctors and psychologists such as cognitive behaviour therapy (CBT).

Who’s it for?

Requiring minimal technical skills, myCompass is for people who:
- have been feeling down, stressed or anxious.
- would like to improve their mental health.
- are aged 18 – 75 years.
- read English with ease.

How does it work?

- myCompass offers a personalised experience and can recommend learning Activities and tracking areas that best match your needs. Alternatively, you can select Activities and Tracking areas that most interest you.
- The myCompass lifestyle Tracking feature allows you to track your thoughts, feelings and behaviours and provides graphical feedback to help you recognise unhelpful patterns and possible triggers.

What’s the commitment?

- Ideally, you need to commit to the program for a minimum of seven weeks to gain the full benefit.
- Each online learning Activity is comprised of up to three 10 - 15 minute sessions that can be completed at your convenience.
- Completing the Tracking component takes around 1 - 2 minutes per day.