The Smooth Sailing Study

This year, 1,802 students from 22 NSW high schools took part in the Smooth Sailing Study.

1 in 3 had psychological distress
1 in 4 had depression or anxiety symptoms
1 in 20 had thoughts of self-harm or death
1 in 5 needed help for their mental health but didn’t seek it

Young people were most likely to turn to friends and family for help with their mental health.

25% thought that an online program could help with their mental health.

704 students signed up to use the Smooth Sailing service.

Smooth Sailing significantly improved help-seeking intentions & anxiety.

Students said Smooth Sailing helped to...
- Cope with thoughts & feelings
- Reflect on feelings
- Manage stress
- Feel comfortable & supported
- Feel normal
- Learn about help for myself & friends

The number of students who did not seek help when in need dropped by 50%.

The service did not increase stigma or distress.

Want more information? Email smoothsailing@blackdog.org.au