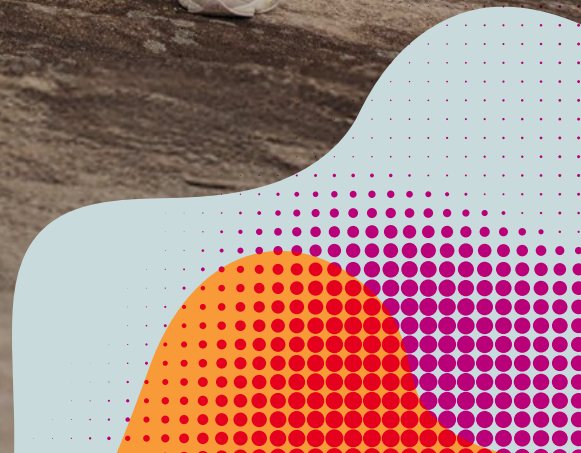




**Black Dog
Institute**



Annual Report 2023-24

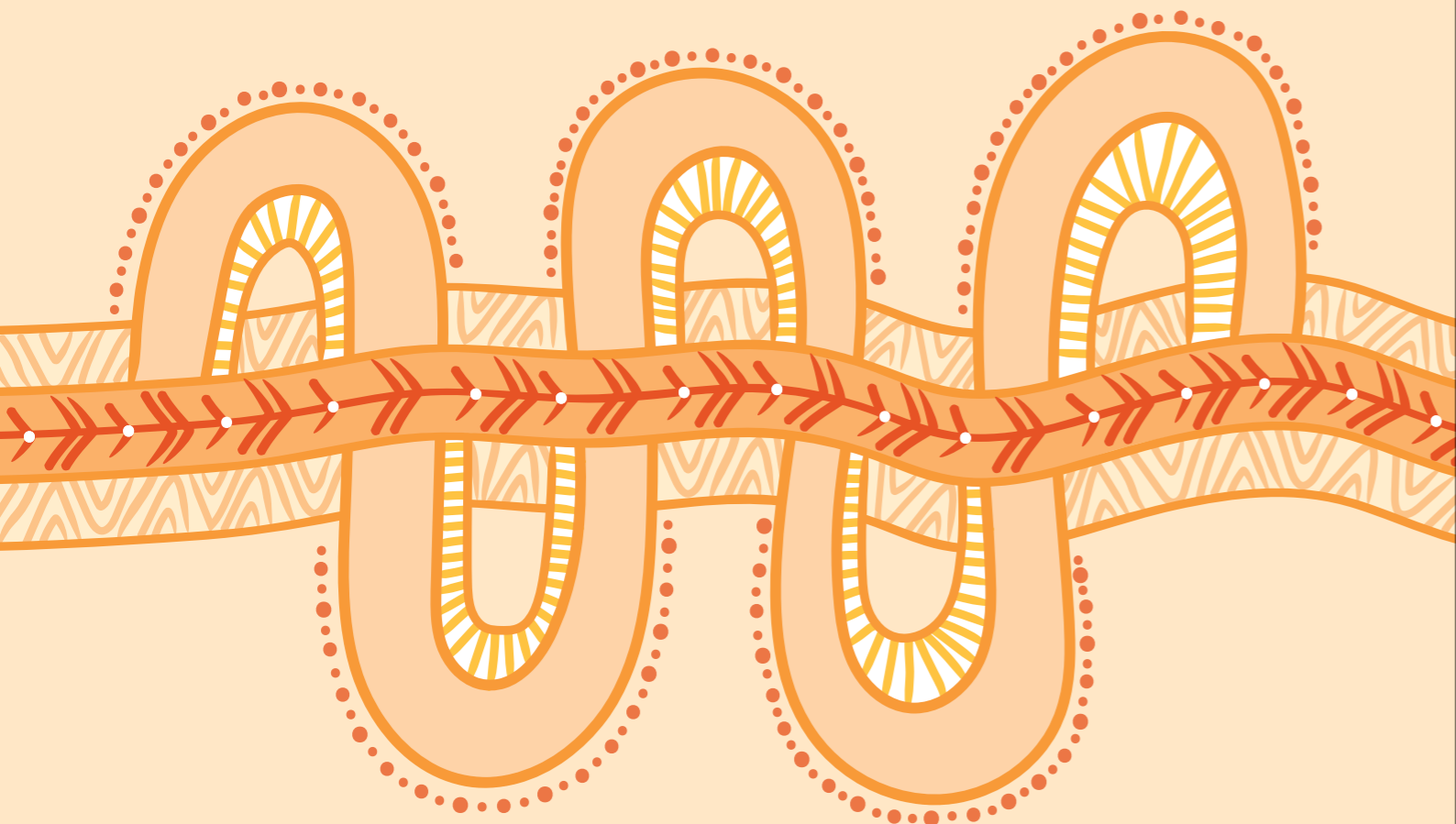


Acknowledgement of Country

Black Dog Institute acknowledges the Bidiagal Clan of the Dharawal Nation, who are the Traditional Custodians of the land on which Black Dog Institute is situated.

The work we do at Black Dog Institute stretches far across this land, and we Acknowledge and pay respect to all First Nations peoples and communities and their continuing connection to land, waters and community. We recognise that their customs and culture have nurtured this land since the first witnessed sunrise, for the benefit of all who live, work and learn on Country today.

We pay respect to Elders past and present from all Nations across this country. We recognise that through lived experiences and the ongoing commitment to caring for collective social and emotional wellbeing, First Nations peoples and communities have helped guide the research and resources at Black Dog Institute.



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Chairperson's message



Over the course of this year, Black Dog Institute's unique value within the mental health landscape has become increasingly clear. As the only medical research institute in the country to investigate mental health across the lifespan, our grounding in academic, clinical and lived experience research uniquely positions us as an independent voice of mental health science. When we speak, others listen—our peers and collaborators, governments and policymakers, and the thousands of people around Australia who are on their own mental health journeys.

It's these people we work for each and every day, striving for better outcomes that offer hope. At Black Dog Institute, better is a simple word that means so much—it's progress, compassionate care and ambition to connect people with the mental health tools and resources they need to live well. As ever, over the last 12 months, one can only be humbled by the unrelenting efforts of the Black Dog Institute team to deliver the breakthroughs that offer this hope on a grand scale. They've made great progress in a wealth of directions; these include developing more personalised approaches to mental health care that will prepare the Institute and our sector to better meet individual needs, and supporting the mental health of priority populations, including young people and emergency services workers.

This work, which includes not only research but the education and clinical services that drive its translation, is nothing if not a collective endeavour. Our supporters and collaborators, our remarkable community of donors, volunteers and corporate partners, are all vital enablers. So too are the Black Dog Institute Board and the Foundation Board, whose strategic stewardship continues to chart a true and unwavering course. It was with gratitude and sadness that we farewelled three Black Dog Institute Board members this year: John Feneley, a former NSW Mental Health Commissioner and champion of lived experience voices; Ronald Ferster, an entrepreneur and innovator in his own right; and Scientia Professor Helen Christensen AO, whose former role as Executive Director and Chief Scientist at Black Dog Institute laid the foundations for much of our current success. The impact of their contributions cannot be overstated.

Now, as we look to the year ahead, we are fortunate to have candidates of the highest calibre to continue their excellent work with a deep sense of resolve and responsibility. In the ever-changing global landscape of mental health, challenges abound—and we continue in our unwavering commitment in leading the way towards better mental health for all.

Peter Joseph AM
Chairperson

Executive Director's message



Over the last three years, we have made a very deliberate decision to invest in the areas that give us the best chance to increase our impact.

This year, we have started to see a return on these investments and, as a result, our shared achievements have moved us ever closer to our ultimate goal of better mental health for all.

I'm particularly proud of the way in which we and our sector partners came together to present a unified voice to government on issues that are vital to creating a mentally healthier world. Powerful examples include:

- advocating for a joint meeting of all state and federal health and mental health ministers to align on key recommendations from across the sector; these meetings now occur twice-yearly
- using our research to shape the Federal Government's social media regulations
- bringing our research to the attention of policymakers with three major events: the launch of the Centre of Research Excellence in Depression Treatment Precision, the launch of the PTSD Guidelines for Emergency Service Workers, and a briefing session on school-based mental health initiatives.

The continued support of groups at high risk of mental ill health has been another core focus in recent years. Black Dog Institute's model is to embed our research into these clinical services, ensuring that these groups can access the best possible care and that our research programs can continue to generate new knowledge and better treatment. To this end, we secured funding to progress several critical and innovative programs, including:

- expanding TEN, a research-informed support hub for health care professionals

- strengthening the Aboriginal and Torres Strait Islander Lived Experience Network
- delivering digital mental health programs that can reach people where they are with the care they need
- reviewing emergency service mental health programs in NSW.

Using research to answer the biggest questions in mental health remains our core business. Our research teams produced 206 papers, many of which advanced our understanding of how to prevent and treat depression, anxiety and post-traumatic stress disorder.

Our research has shown that rates of mental ill health continue to rise, and we know that every instance of mental illness or suicide is one too many. As such, our work has never been more urgent or important. Looking forward, we will develop a new Institute strategy that will distil and refocus the role we intend to play in tackling the current mental health crisis between now and 2030.

As always, our work is made possible by our incredible staff; our amazing volunteers; our philanthropic and corporate partners; our academic collaborators; our Board and Foundation Boards, led by Chair Peter Joseph and Foundation Chair Patrick Joyce; and our generous patrons, His Excellency General the Honourable David Hurley AC DCS (Retd), Her Excellency Mrs Linda Hurley, and Her Excellency the Honourable Margaret Beazley AC QC.

Thank you to all our partners for your unwavering support.

Professor Sam Harvey
Executive Director and Chief Scientist

Our impact



132
research staff



99
active research studies



85
Lived Experience Advisory
Network members



16
clinical trials



30
Aboriginal and Torres Strait Islander
Lived Experience National Network
members



200+
new publications



50+
First Nations community and
stakeholder engagements



4
new research
fellowships



6,700+
clinical sessions at Black Dog
Institute clinics, including the
NEWSS and TEN services



1.9M
website visitors



86,900+
attendees at Black Dog Institute
mental health training and
education programs



481,556
total social media followers



29,000+
One Foot Forward participants



10,000+
pieces of media coverage



5,900+
Mullet for Mental Health participants

*Results in the 12 months prior to 30 June 2024



Lead Australia's population mental health and suicide prevention response through science, compassion and action.

Harnessing science to create a brighter future for young people

In a digital world, young people are spending increasing amounts of time online. They're learning, socialising, gaming and creating—but is all this online engagement impacting their mental health?

At Black Dog Institute, we're passionate about building the evidence base to answer complex questions like this. It's why we launched several ambitious research projects to explore how digital tools and technologies are shaping teens' interior lives.

This work investigates the relationship between how young people spend their time online and their wellbeing. Drawing on data collected from 3,734 Australian adolescents over five years as part of our landmark Future Proofing study, it reveals some important findings that can help families better manage teens' screen usage.

While the research doesn't show the directions of many of these associations—for example, are young people anxious because they're spending hours online, or are they spending hours online because they're anxious?—it can help parents and carers, schools, policymakers and technology companies make choices about digital technologies that drive better mental health outcomes for teens.

Notable findings

Higher overall daily screen use has an impact on young people:

- > It's associated with higher incidence of depression and anxiety cross-sectionally (at a single point in time) but not longitudinally (when followed over time).

Social media use can both benefit and harm young people:

- > Frequent interaction with people known in real life is linked to lower levels of depression and anxiety.
- > Frequent scrolling or viewing of other people's content is linked with higher levels of depression, anxiety, insomnia and disordered eating.

Screen use can impact sleep, which plays a key role in mental wellbeing:

- > 45% of study participants reported going sleep later than they wanted to because of their device use.

ClearlyMe®

As well as untangling the connections between screentime and wellbeing, we looked at the power of online tools to meet young people with the support they need. To this end, we launched the ClearlyMe® app, a cognitive behavioural therapy (CBT) program for young people aged 12–17 who are experiencing tough times or psychological distress.

Designed in partnership with its target user base, ClearlyMe® aims to support 50,000 teens over the next three years. It combines mood tracking with cognitive behavioural strategies and 40 'mind hacks' that can provide relief during emotionally challenging moments. It also connects users to stories from other young people, showing them that they're not alone.

The benefits of ClearlyMe® were revealed in a randomised controlled trial of 569 young people with symptoms of depression. This work, including research, app design, development and promotion, was made possible by generous support from the Goodman Foundation.

Teens who received ClearlyMe®:

- > had lower depressive symptoms
- > experienced improved quality of life
- > agreed (90%) that the app was easy to understand and enjoyable to use.*

* Results at six weeks compared to an active control group.

Apps can provide a stop-gap solution to many of the mental health challenges that young people face, including reluctance to seek help and long wait times to access appointments, but only 3% of apps on mainstream platforms (Google Play, Apple App Store) are supported by peer-reviewed evidence. ClearlyMe® delivers evidence-based support that has the power to make a real difference to young people in need.

"ClearlyMe® is very strongly based on CBT, which I think is a very good thing because that can be really expensive to access. It's a good tool to just have in the pocket—it can pull you out of negative thoughts, even if it's just briefly."

Ruby, ClearlyMe® teen co-designer, aged 17.

Prioritising better mental health at work

The numbers are in: as adults, most of us will spend the around 90,000 hours—equivalent to a third of our lives—at work¹. It should come as no surprise, then, that the environments in which this work unfolds can have an outsized influence on our wellbeing.

From demanding workloads to organisational stressors, many workplaces are rife with challenges that can negatively impact staff. In fact, mental ill health is now driving lost productivity, staff absenteeism and employee turnover to the tune of an estimated \$39 billion each year². In response, the Federal Government has made a series of legislative changes that make organisations increasingly responsible for mitigating psychological health and safety risks at work.

Black Dog Institute is supporting these efforts with the Mental Health at Work initiative, a suite of free, evidence-based mental health training programs that are available to eligible small and medium businesses across NSW. These programs prepare senior leaders, managers and employees to address workplace mental health challenges with confidence, and they also support organisations to meet their legal obligations set out by SafeWork NSW.

Your Mental Health at Work eLearning program

Online training is key to supporting greater numbers of organisations to achieve their workplace mental health goals. The Your Mental Health at Work eLearning program is an online training module designed for sole traders, employees, tradespeople and volunteers. Its focus on everyday workers, rather than managers, means it can prepare entire teams to spot, talk about and take action on workplace mental health.

Black Dog Institute is proud to deliver these programs in partnership with the NSW Government, which recently committed to additional funding beyond this financial year. In future, we look forward to empowering even greater numbers of organisations to achieve their workplace mental health goals.

10,825

Participants trained (all workshops and e-learning)

3,808

Participants registered for 'Your mental health at work' e-learning only.

¹ Pryce-Jones, J. (2010). Happiness at work: Maximizing your psychological capital for success. Wiley Blackwell. <https://doi.org/10.1002/9780470666845>

² Black Dog Institute. (2021, October 6). The changing world of work and its impact on Australians' mental health. <https://www.blackdoginstitute.org.au/news/the-changing-world-of-work-and-its-impact-on-australians-mental-health/>

Reducing childhood anxiety through creativity

What is the power of art? For the roughly one in seven young Australians who experience anxiety before the age of 14, it could help improve wellbeing.

In partnership with the Art Gallery of New South Wales (AGNSW), and with generous support from the Jibb Foundation, we put this theory to the test with Culture Dose for Kids. This newly developed program, which draws on more than five years of research, uses the transformative impacts of art to reshape mental health outcomes for children aged 9–12.

Over eight weeks, youth participants took part in creative activities and guided art sessions that help them build resilience and connect with their peers. Their parents and caregivers also participated in separate, parallel sessions designed to equip them with the skills and confidence to support their young people.

The program was delivered to more than 540 parents and children at the AGNSW and at 14 galleries in regional New South Wales, many in areas that had been impacted by natural disasters. And the results were significant: Black Dog Institute research found that children who participated in the eight-week program were less anxious and experienced a significant decrease in overall anxiety and depression scores, as measured in the pilot study.

“By regularly engaging in art-marking experiences and open-ended interpretation of artworks, individuals can process ideas and concepts that can be difficult to express in words. Continuous engagement with art can support youth wellbeing and mental health.”

Danielle Gullotta, Senior Access Producer, AGNSW.

Culture Dose for Kids is a living example of the power of community-based, non-clinical care to address the complex mental health needs of children and families across Australia. Now, Black Dog Institute is seeking ongoing funding to support the broader rollout of this and other art-based support programs for young people in need.

8 Weeks of Culture Dose for Kids program.

540 Number of young people and their parents/caregivers who participated in Culture Dose for Kids.

15 Number of galleries across NSW that delivered the program.

29% Decrease in overall anxiety and depression scores among participants.

Transform clinical care for depression and anxiety through our expertise in digital mental health, novel treatments and new models of clinical care.



Personalising treatments for depression

Depression is a leading cause of disability worldwide, but despite being common, it's far from simple to treat. That's because every case of depression is the result of a complex interaction of biological, psychological and social factors.

"Depression isn't a single disease with a uniform cause. This means each person needs their own individual treatment, yet current approaches to treatment selection are far from precise," says Black Dog Institute Professor Jill Newby.

The highly individual nature of depression, which impacts an estimated 280 million people worldwide³, means that new approaches are urgently needed. At Black Dog Institute, we're harnessing the power of artificial intelligence (AI) and advanced data analytics to deliver more personalised treatments for this often-debilitating condition.

Supported by \$2.5 million in NHMRC funding, this work is being driven by the Centre of Research Excellence in Depression Treatment Precision, a multi-institution collaboration led by Black Dog Institute and UNSW Sydney and delivered in partnership with universities in Australia, Europe and the US. These include Deakin University, Macquarie University, University of Sydney, QIMR Berghofer and Harvard Medical School.

The Centre brings together researchers, clinicians, health economists and lived experience experts. They're working together to better understand how to deliver the right treatment at the right time for people with depression and to identify the most cost-effective targets for improving treatment response rates.

Project PHONOTYPE: Investigating smartphone clues

One of the Centre's most innovative initiatives is Project PHONOTYPE, which looks at digital markers of mental health in everyday smartphone data. Specifically, the team is investigating whether these markers could help to identify subgroups of young people experiencing what's known as amotivation, a condition that's often linked to depression. The symptoms of amotivation, such as a loss of drive, sociability and enjoyment in activities, often go unnoticed and can be difficult to treat.

The project is a world-first in more ways than one: it's the first study to validate digital markers of amotivation using smartphone data, the first to use smartphone-based digital phenotyping to personalise interventions through clinical trials, and the first to do so using AI-based methodologies.

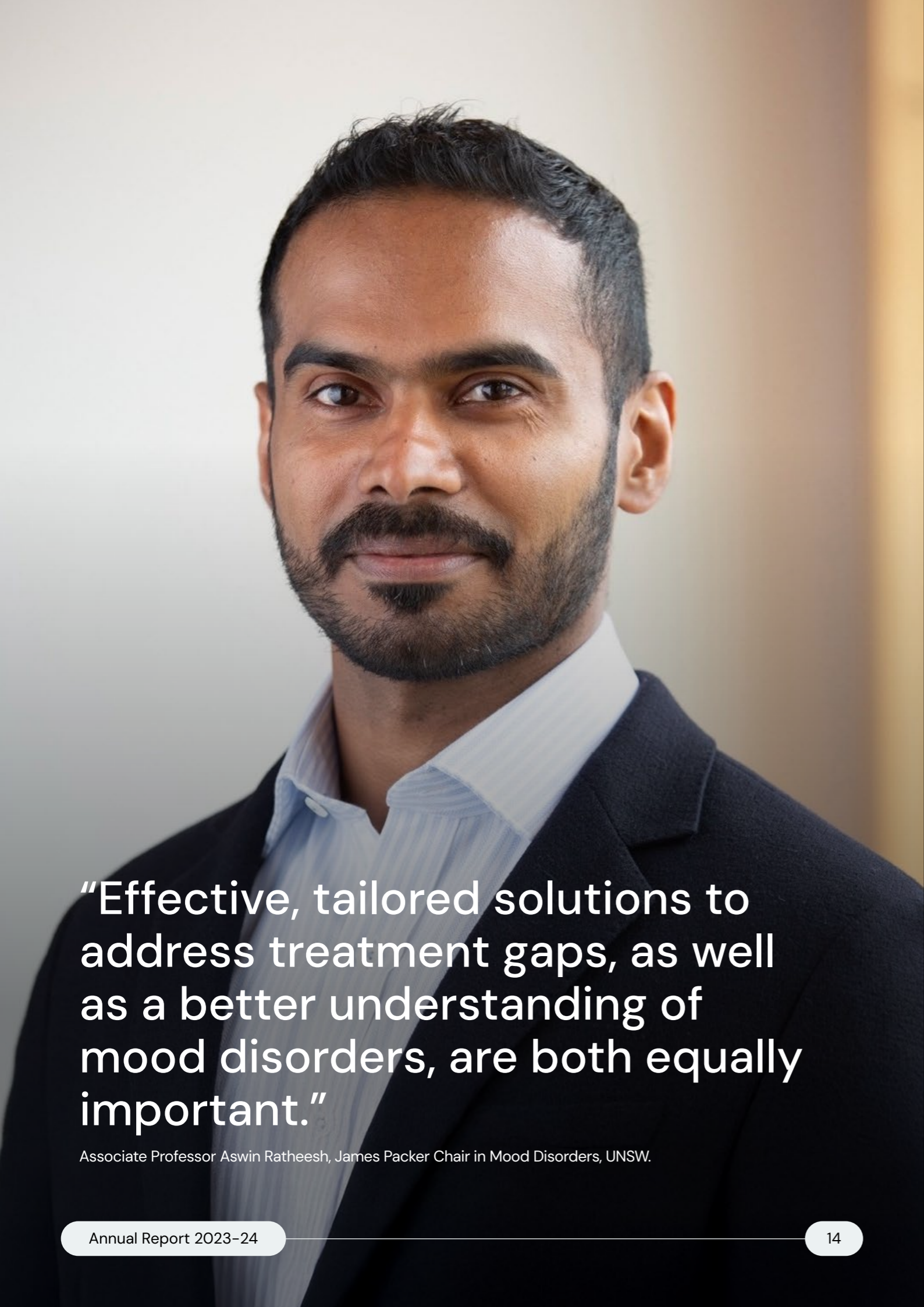
Made possible by funding from the Wellcome Trust, the findings are expected to offer huge value to the global mental health research sector.

³ World Health Organization. (2023, September 13). Depression. <https://www.who.int/news-room/fact-sheets/detail/depression>



"Smartphones have a range of sensors built into them that capture data such as physical activity levels, locations visited and movement patterns. Changes to these data over time can indicate symptoms of amotivation are emerging, even if someone doesn't realise they're experiencing them."

Associate Professor Alexis Whitton, Chief Investigator of Project PHONOTYPE, Black Dog Institute.



“Effective, tailored solutions to address treatment gaps, as well as a better understanding of mood disorders, are both equally important.”

Associate Professor Aswin Ratheesh, James Packer Chair in Mood Disorders, UNSW.

The future of bipolar disorder research

At Black Dog Institute, our reputation is built on the strength of our partnerships, including the strategic research partnerships that connect us with world-leading expertise. A new research collaboration with Associate Professor Aswin Ratheesh is a stellar example of how our partnerships approach drives research innovation.

Associate Professor Ratheesh, the James Packer Chair in Mood Disorders at UNSW Sydney and a leading expert in mood and psychotic disorders, is working with our Depression and Bipolar Clinic to deliver a novel program of research into bipolar disorder. With more than 12 years of experience as a psychiatrist, Associate Professor Ratheesh has led several studies that have helped identify risk markers for future bipolar disorder—but he believes more needs to be done to provide optimal care for people who live with this condition.

The research will focus on connecting people at the early stages of bipolar disorder with the right treatment, including the use of digitally enhanced interventions to improve access to care. This work has the potential to reveal a deeper understanding of bipolar trajectories and subgroups, findings that could guide improvements in risk identification, better predict the onset of bipolar disorder, and drive more personalised treatment outcomes.

“This partnership reflects our shared vision to develop innovative treatments for mood disorders. By combining our research expertise with that of a recognised leader like Aswin, we hope to produce research outcomes that offer outsized impacts to people who live with bipolar disorder.”

Professor Sam Harvey, Executive Director and Chief Scientist, Black Dog Institute.

New PTSD guidelines for emergency service workers

Emergency service workers perform a vital role in safeguarding our communities, but the nature of their work means that many are routinely exposed to traumatic events. Single and repeated trauma exposure increases the risk of post-traumatic stress disorder (PTSD)^{4,5}, a severe and persistent mental health impairment. Approximately 1 in 10 emergency workers currently suffer from PTSD⁶.

As a leader in emergency service worker mental health, Black Dog Institute has worked tirelessly to deliver research evidence and clinical care to address PTSD risk among this population. This year, we collaborated with UNSW Sydney to produce an updated version of our [Expert Guidelines: Diagnosis and treatment of post-traumatic stress disorder in emergency service workers](#), which we first released in 2015.

These guidelines, which were supported by funding from Employers Mutual Limited (Employers Mutual), part of the EML Group, provide an evidence base to support the prevention, diagnosis and treatment of PTSD among emergency workers. The 2023 update captures the latest research evidence, including drawing on the wealth of findings generated by the Black Dog Institute and UNSW Sydney-led National Emergency Worker Support Service (NEWSS) service. NEWSS provides ongoing mental health support for emergency service workers and volunteers across Australia.

The new guidelines offer clear and actionable steps for clinicians and rehabilitation managers who deliver care to emergency workers with PTSD, making Australia a world leader in this niche area of mental health.

“We now have the results of trials specifically focused on emergency service workers that indicate that, while addressing PTSD in that group is challenging, a significant number of people will recover with the right type of treatment.”

Professor Sam Harvey, Black Dog Institute Executive Director and Chief Scientist.

Since the launch of **NEWSS** in 2020, the program has reached more than 125,000 emergency service workers and achieved a world-leading PTSD recovery rate of 80%.

125,000 Emergency service workers

80% PTSD recovery rate

⁴ Geronazzo-Alman, L., Eisenberg, R., Shen, S., Duarte, C. S., Musa, G. J., Wicks, J., Fan, B., Doan, T., Guffanti, G., Bresnahan, M., & Hoven, C. W. (2017). Cumulative exposure to work-related traumatic events and current post-traumatic stress disorder in New York City's first responders. *Comprehensive Psychiatry*, 74, 134–143. <https://doi.org/10.1016/j.comppsy.2016.12.003>

⁵ Harvey, S. B., Milligan-Saville, J. S., Paterson, H. M., Harkness, E. L., Marsh, A. M., Dobson, M., Kemp, R., & Bryant, R. A. (2016). The mental health of fire-fighters: An examination of the impact of repeated trauma exposure. *Australian & New Zealand Journal of Psychiatry*, 50(7), 649–658. <https://doi.org/10.1177/0004867415615217>

⁶ Martínez, A., & Blanch, A. (2024). Are rescue workers still at risk? A meta-regression analysis of the worldwide prevalence of post-traumatic stress disorder and risk factors. *Stress Health*, 40(4), e3372. <https://doi.org/10.1002/smi.3372>



“Most years, we live with bushfires impacting us and so we need to be prepared for them, to get through them and recover ... it’s important to know who, what, when and where to find help, not just this season, but for future seasons too.”

Elisabeth Goh, Firefighter with Hornsby Heights Rural Fire Brigade in the Hornsby Ku-ring-gai District.



Be a trusted partner to Aboriginal and Torres Strait Islander leaders and their communities to improve social and emotional wellbeing.

Progressing First Nations Strategy

In May of 2023, we delivered the First Nations Strategy 2023–2026, led by the First Nations directorate. This foundational document will guide Black Dog Institute’s efforts to support First Nations social and emotional wellbeing in the years ahead.

The last 12 months have been focused on setting up the structures, systems and priorities that will drive our future progress in this space. This has included deep listening, learning and reflecting on how we, as a non-Indigenous organisation, can best serve First Nations communities.

First Nations research considerations

One of the key pieces of work completed this year was the establishment of First Nations-focused

research considerations. These considerations, which embed First Nations cultural concerns into our research activities, will make our work more accessible, inclusive and relevant to First Nations communities. This approach is key to our stated goal of being a trusted partner to Aboriginal and Torres Strait Islander peoples.

In addition to shaping our research approach, the First Nations Strategy 2023–2026 also guides our ongoing journey to develop and implement a Reconciliation Action Plan (RAP). While this work is led by the First Nations directorate, every staff member within Black Dog Institute will have a role to play in bringing the RAP to life.

Ten considerations for more responsive research

- 1. Language and communication:** Prioritising plain language and clear explanations of research concepts to make our work accessible.
- 2. Context for data collection items:** Explaining why research data is collected and how it will be used.
- 3. Data sovereignty:** Embedding clear consent and withdrawal processes into data collection documentation and ensuring First Nations peoples have full opportunity to retain ownership of their data.
- 4. Confidentiality:** Considering how and when data might identify an individual person; consulting participants and mitigating unnecessary risks.
- 5. Cultural responsiveness:** Considering diverse conceptions of ‘mental health’ and ‘wellbeing’ and using inclusive language, such as ‘social and emotional wellbeing’, to describe them.
- 6. Culturally valid measures:** Understanding the research impacts of using wellbeing measures that have not been validated for use with First Nations peoples and seeking more appropriate measures where possible.
- 7. Evaluation:** Using evaluation tools that reflect First Nations perspectives and enable meaningful data collection that is of use to First Nations people and communities; providing opportunities for ongoing feedback.
- 8. First Nations participation:** When a project does not involve First Nations participants, providing a clear and detailed summary as to why.
- 9. Consultation:** Submitting research projects for review by the First Nations directorate to ensure relevant considerations are included.
- 10. Ethics:** Addressing the above First Nations considerations and the Black Dog Institute-adopted First Nations principles in research ethics applications to achieve Research Ethics and Governance Advisory Committee approval.

Suicide prevention at the top of the world

After the tragic loss of his brother, Joshua Creamer wanted to do something big. But when he started planning a trek to Mount Everest Base Camp to honour his brother's life, the journey soon took on its own momentum. Supported by First Nations mob and allies from diverse backgrounds, the trip became an opportunity to shine a light on First Nations social and emotional wellbeing.

Calling themselves the Blak Trekkers, Josh and his peers set themselves a goal of raising \$50,000 to support the development of vital resources for Black Dog Institute's Aboriginal and Torres Strait Islander Lived Experience Centre. The Centre delivers culturally safe mental health and suicide prevention initiatives in partnership with First Nations people and communities.

In climbing to Everest Base Camp, the Blak Trekkers have done that and more, raising over \$68,000 and documenting their journey on social media where it has resonated with thousands of people. It's an inspiring example of collective effort and the power of community to drive lasting change in mental health and suicide prevention.

Blak Trekkers Team:

- David Williams (Gilimbaa)
- Emma Williams (QAS)
- Clinton Schultz (SOBAH & Black Dog Institute)
- Kristal Kinsela (Kinsela Consulting)
- Kevin O'Brien (BVN)
- Kyel Dancey (Phyre Apparel)
- Jeremy Donovan
- Joshua Creamer
- Elliot Wilson
- Jyi Lawton
- Jeremy Thomason

"We wanted to make it meaningful and really make a difference and raise awareness about Aboriginal suicide and suicide in the community generally."

Joshua Creamer, barrister of Waanyi and Kalkadoon descent.





Be a sustainable, fit-for-purpose workplace of choice committed to employee development and diversity with a mentally healthy, purpose-driven, values-based culture.

Empowering professional growth among our people

Investing in employee development and success is fundamental to achieving our strategic vision of becoming a sustainable, fit-for-purpose workplace of choice. Over the past year, we've brought our commitment to professional growth to life through the launch of Learning Lab. This dynamic learning management system is designed to connect staff with diverse education, training and skill-building opportunities.

Since Learning Lab came online in February, Black Dog Institute staff have spent thousands of hours engaging with the platform. They've enrolled in 35+ courses that span everything from streamlined induction and onboarding programs to compliance training and interactive Brunch & Learn sessions. They've also taken part in impactful face-to-face workshops with external providers and in our highly successful Cultural Responsiveness Training, which was developed in partnership with our First Nations Directorate.

Beyond staff development, Learning Lab serves as a rich repository for staff to document and showcase their achievements and certifications in a centralised hub. By equipping our staff with the tools to learn, grow, thrive and share, Learning Lab has become a cornerstone of learning and development at Black Dog Institute.

"Learning Lab played an essential role in acclimatising me to Black Dog Institute's amazing culture, values and ways of working. I really enjoyed watching some panel discussions and attending Brunch & Learns, particularly on the Research Translation Framework, which is an integral part of our organisational focus."

Rebecca Beckett, Senior Project Officer, Black Dog Institute

Better mental health for all

Our Better brand positioning captures our commitment to the concept of 'better', a simple word that means so much. Last year, we launched Better as a way of reintroducing ourselves to the Black Dog Institute audience and ensuring that all our work supports our overarching goal of better mental health for all.

As a leading medical research institute, we take seriously our responsibility to support the professionals who keep our system running. This year, through our Better campaign, we connected health professionals across Australia to evidence-based training programs, treatments, services and products that can help them provide better outcomes for their clients and patients.

Better: a simple word that means so much

It's progress, a feeling. A positive word—a caring word. It's an ambition and a challenge. At Black Dog Institute, it's a word that drives our everyday.

Better treatments, better knowledge, better programs, better workplaces, better classrooms, better understanding of community, and better ways for reconciliation and healing.

Through Science, Compassion and Action, we know the power of better. Through lived experiences, we know the mornings, the nights, those moments when someone just wants to feel better, just wants to have a better day, to be in a better mood.

We know that better can help prevent suicide, that better can be the beginning of a new hope. Our research is about our profession being better. Our population focus gives us better reach to help more Australians with the resources we have.

Black Dog Institute. Better Mental Health for all.

PATIENT OUTCOMES
SUPPORT
RESOURCES

BETTER  **MENTAL HEALTH**

TRAINING

HEALTH PROFESSIONALS



Change starts with you

Whether they grew a mullet, ran a marathon or put one foot forward for mental health, our fundraising community went above and beyond for Black Dog Institute this year. From regular donations through to one-off gifts, this community's support is vital to the work we do.

We treat every donation as a priceless gift of generosity, and we take care to invest it where it will have the most impact. In FY24, 68 cents of every dollar we received directly funded innovative



mental health research, clinical treatments and education programs, bringing us one step closer to our vision of a mentally healthier world. The remainder will support us to operate as efficiently as possible, ensuring that we can deliver our work to reach those in need.

Our heartfelt thanks go to all our community fundraisers who share our belief in better mental health for all.

Here are four community fundraising programs that transformed lives this year:

One Foot Forward

One Foot Forward is a national fundraising walk for mental health. Every year, our supporters seek donations to walk, run or roll throughout the month of October, logging their kilometres as they go.

 28,361 participants
 \$5,074,132 raised

From Strait to Tassie for Dan

In memory of their friend Dan, who died by suicide at 17, five mates kayaked 320 kilometres from Victoria to Tasmania to support Black Dog Institute's mental health research and prevention work.

 5 mates
 320 kilometers
 \$43,000 raised




Mullets for Mental Health

Growing a mullet is more than just a fashion statement—at Black Dog Institute, it's an opportunity to show that you're all ears for mental health. Supporters grow a mullet throughout the month of April in exchange for donations from friends, family and colleagues.

 24,181 donors
 \$1,637,822 raised

City2 Surf

The City2Surf is a highlight event in Sydney's annual running calendar. In August 2023, a community of Black Dog Institute fundraisers ran from Sydney City to Bondi Beach in support of better mental health.

 1,470 runners
 14 kilometres
 \$216,640 raised



Thank you to our partners

Our corporate partners are essential to our goal of delivering better mental health for all. They share our vision for a mentally healthier world, contributing vital funds, expertise and collaborative energy that help us meet ever-greater numbers of people where they are with the mental health support they need.



KFC Youth Foundation

Black Dog Institute is a key charity partner for the KFC Youth Foundation, a social impact initiative led by KFC Australia. For more than four years, we've worked together to deliver impactful initiatives that drive meaningful mental health support for young people.

While consumers are always able to donate to the KFC Youth Foundation, twice a year, KFC team members participate in Change For Youth fundraising campaigns where they tell their customers about the work of charity partners and proactively invite them to donate. These funds are then used to support our collaborative mental health activities, specifically focused on youth. Each campaign raises between \$200,000–\$300,000 to fuel our shared mission.

Beyond these flagship efforts, the Foundation shares stories of their work with us in various marketing and engagement campaigns throughout the year, significantly enhancing Black Dog Institute's visibility and engagement with new audiences. This partnership delivers critical funding for youth mental health in Australia and reflects KFC's commitment to feeding the potential of young Australians.



BRINGING YOU THE BEST SAFETY BRANDS FROM AROUND THE WORLD

Safety Mate

Safety Mate is a workplace safety organisation that provides hand and eye protection for workers across a range of industries. Since 2021, Safety Mate has contributed \$1,027,773 to better mental health research and implementation activities at Black Dog Institute.

Their latest initiative is the Black Dog product range. Every time Safety Mate sells a pair of Black Dog safety gloves or safety glasses, they generously donate a percentage of the sale to support our work. Their financial contribution has grown substantially across the past three years and their unwavering support helps us to continue driving positive, evidence-informed mental health research, treatment and services that make a lasting difference to people across Australia.

Through our partnership with Safety Mate, we remain committed to supporting the mental health of Australia's workforces and highlighting the importance of starting conversations about wellbeing, particularly in male-dominated sectors where mental health stigma remains high.

Our corporate partners



Thank you to all our supporters

We greatly value and deeply appreciate the generous contributions of our regular donors, fundraisers and other supporters. While there are too many to name and thank individually here, we know that without their support we would not be able to undertake our work to help build a mentally healthier world for everyone.



Research acknowledgements

Black Dog Institute-led grants

Competitive research grants							
Funding body	Scheme	Principal investigator	Co-investigators	Project title	Amount funded	Funding start year	Funding end year
Australian Rotary Health	Mental Health Research Grant	Sophie Li	Werner-Seidler, Hudson, Sicouri, Francis	Improving childhood sleep: the bedrock of depression prevention	\$204,804	2023	2024
		Jennie Hudson	Francis, Sicouri, Werner-Seidler, Li	Using an adaptive trial design to optimise exposure treatment for children with anxiety	\$209,754	2023	2024
Medical Research Future Fund	Applied Artificial Intelligence Research in Health	Helen Christensen	Venkatesh, Gupta, Quinn, Rana, Tran, Mouzakis, Vasa, Cutler, Knight, Kummerfeld, Huckvale, Han, Beames, Newby, Werner-Seidler	Optimising treatments in mental health using AI	\$4,995,434	2020	2024
	Clinical Trials Activity	Colleen Loo	Rodgers, Chatterton, Nikolin, Glozier, Hadzi-Pavlovic, Davey, Sarma, Wells, Hopwood, Bayes, Martin	Comparative effectiveness of ketamine and esketamine in treatment-resistant depression	\$2,994,691	2023	2027
	Early to Mid-Career Researchers Grant	Michelle Tye	Bell, McGillivray, La Sala, McKay, Collie, Zbukvic, Cullen, Donoghoe, Reifels, Filia, Simmons, Nicholas, Berger	Like your life depends on it: Integrating digital interventions into schools to prevent self-harm in children and adolescents	\$3,470,823	2024	2029
	Growing Minds Australia Non-Responders Grants	Jennie Hudson	Francis, Sicouri, Bertie, Nauta, Kooiman	Improving non-response in anxiety disorder treatment: personalised care approach	\$100,000	2023	2024
	Million Minds Mental Health Research Mission	Bridianne O'Dea	Iorfino, Schleider, Kaylor-Hughes, Braund, Nicholas, Wade, Johnson, Kornfield, Meyerhoff, Whitton, Torok, Glozier, Reavley	Left to their own devices: Addressing the unmet needs of youth and their GPs during the wait time for mental health treatment	\$975,579	2024	2026
	Million Minds Mission—Suicide Prevention	Helen Christensen	Harvey, Carter, Venkatesh, Boydell, Cutler, Kneebone, Newton-John, Han, Huckvale	Developing a Comprehensive Care Pathway For those at Risk of Suicide But Not in Care: The Under the Radar Project	\$3,729,450	2020	2024

Competitive research grants							
Funding body	Scheme	Principal investigator	Co-investigators	Project title	Amount funded	Funding start year	Funding end year
National Health and Medical Research Council	Centre of Research Excellence	Helen Christensen	Venkatesh, Boydell, Shand, Harvey, Batterham, Calear, Carter, Larsen, Robinson	Centre of Research Excellence in Suicide Prevention: CRESP II	\$2,466,909	2018	2024
		Jill Newby	Gupta, Whitton, Christensen, Venkatesh, Werner-Seidler, Mitchell, Cutler, Mouzakis, Birrell	CORE-DEP: Centre of Research Excellence in Depression Treatment Precision	\$2,500,000	2024	2029
	Synergy Grant	Helen Christensen	Venkatesh, Cutler, Newby, Gupta, Whitton, Mitchell, O'Dea	INSPIRE Intelligent Systems for Delivering Precision Interventions to Reduce Distress	\$1,780,000	2024	2028
National Suicide Prevention Research Fund	Innovation Research Grant	Michelle Tye	McGillivray, O'Dea, Werner-Seidler, Wong, Cullen, Clark, Hudson	Like their lives depend on it: Co-developing and acceptability testing a digital response to build schools' capacity to support adolescents experiencing suicidal thoughts and self-harm	\$99,969	2024	2026
	Project Grant	Mark Larsen	Shand, Morley, Carter, Kapur	Preventing repeated self-poisoning: A brief therapy text message intervention	\$523,614	2019	2024

Philanthropic & industry grants							
Funding body	Scheme	Principal investigator	Co-investigators	Project title	Amount funded	Funding start year	Funding end year
AMP Foundation	AMP Tomorrow Fund	Jennie Hudson		Improving access to treatment for every child in Australia with anxiety and depression	\$50,000	2021	2023
The Anika Foundation	ECR Seed Grant	Taylor Braund	O'Dea, Werner-Seidler, Whitton, Larsen	Leveraging High-Performance Computing for Machine Learning Analysis of Digital Phenotypes to Remotely Monitor Depression in Adolescents	\$20,000	2024	2025
		Lauren McGillivray	Tye, Larsen, Witt	Dismantling digital therapeutic interventions for youth suicide prevention: a systematic review and component network meta-analysis using individual participant data	\$20,000	2024	2025
Anthony and Sharon Lee Foundation	Research Grant	Kate Maston		Future Proofing Study Gender Lens	\$120,000	2024	2025
Avant Foundation	Avant Foundation Grants	Peter Baldwin	Coleshill, Black	Navigating Burnout: Tackling burnout in Australian doctors by blending a custom-built digital cognitive-behavioural therapy program and specialist telehealth care	\$107,844	2023	2025
Bupa Foundation	Flagship Partnership	Aliza Werner-Seidler		Teens & Screens	\$750,000	2024	2025
CommBank Staff Foundation	Community Grants	Sophie Li		TechTonic—The impact of youth digital technology use on emotions	\$10,000	2022	2024
The Ernest Heine Family Foundation	Implementation Grant	Sarah Connor	Tennant	Expansion of the BDI existing secondary school program for youth mental health	\$2,927,786	2023	2026
Estate of the late Winifred Ruth Forbes	Bequest	Adam Bayes		Machine Learning Approaches to Improve Diagnosis of Bipolar Disorder	\$350,083	2021	2025
Fenwick Family Foundation	Research Grant	Adam Bayes	Loo	Psychedelic Medication Dosing Study	\$693,500	2021	2025
		Adam Bayes	Loo	TREK Study: Comparative Effectiveness of Ketamine and Esketamine (Spravato) in Treatment Resistant Depression	\$1,088,640	2024	2027
Gandel Foundation	Research Grant	Deanna Francis	Hudson	Reducing anxiety in children with reading difficulties	\$250,000	2022	2023

Philanthropic & industry grants							
Funding body	Scheme	Principal investigator	Co-investigators	Project title	Amount funded	Funding start year	Funding end year
Goodman Foundation	Research Grant	Bridianne O'Dea		Filling a gap in Australian mental healthcare by supporting online therapy for youth including the design, development and evaluation of a specialised Internet-based treatment program	\$1,500,000	2020	2025
	Implementation Grant	Kate Cope	Werner-Seidler, Subotic-Kerry, Li, Achilles, Mackinnon	ClearlyMe® Project 1: Scaling and delivery of ClearlyMe®, a cognitive behavioural therapy intervention for adolescents	\$1,012,500	2023	2026
	Research Grant	Bridianne O'Dea	Werner-Seidler, Subotic-Kerry, Li, Achilles, Mackinnon	ClearlyMe® Project 2: Developing and testing a blended care program: Combining in-person therapy with the ClearlyMe® intervention	\$2,473,731	2023	2026
Graf family	Research Grant	Aliza Werner-Seidler		Future Proofing Trial	\$30,000	2023	2024
		Deanna Francis		Reading & Anxiety: Reducing anxiety in children with reading difficulties	\$35,000	2024	2025
Hare Family	Research Grant	Deanna Francis		Reading & Anxiety: Reducing anxiety in children with reading difficulties	\$30,000	2024	2025
HCF Research Foundation	Health Services Research Grant	Jill Newby		A blended digital mental health intervention for adult depression and anxiety: Implementation evaluation	\$289,646	2021	2024
icare Foundation	Dust Diseases Board Grants Program	Samuel Harvey	Bryant, O'Donnell, Deady, Dawson	Early detection and intervention to optimise the mental health of frontline workers	\$5,500,008	2020	2025
	iCare Contract Research	Mark Deady		Proposal for undertaking a literature review: Occupational violence	\$12,600	2024	2024
Jibb Foundation	Research Grant	Katherine Boydell		Culture Dose for Kids	\$300,159	2021	2024
		Katherine Boydell	Macdonald, Gullotta	Culture Dose for Kids: Extending our reach to rural and regional NSW	\$321,000	2023	2025
John and Anna Belfer	Research Grant	Mark Deady	Connor	Aged Care Workforce Training	\$100,000	2023	2025

Philanthropic & industry grants							
Funding body	Scheme	Principal investigator	Co-investigators	Project title	Amount funded	Funding start year	Funding end year
Johnston Foundation	Research Grant	Jennie Hudson		Improving access to treatment for every child in Australia with anxiety and depression	\$325,695	2021	2023
		Jennie Hudson	Songco, Francis, Lim, Sicouri, Allsop, McDermott	Improving access to treatment for every child in Australia with anxiety and depression	\$300,000	2023	2026
King Baudouin Foundation	Research Grant	Kate Cope		BEAM—Building Educators' skills in Adolescent Mental health	\$67,951	2024	2025
Lifeline	Research Grant	Mark Larsen	Sowmya	CCTV Project: Phase 2	\$322,000	2020	2025
Lord Mayor's Charitable Foundation	Eldon & Anne Foote Trust Donor Advised Grants	Aliza Werner-Seidler	Maston	Future Proofing Project: Is constant access to technology making our kids sad and anxious?	\$45,000	2023	2025
	Foote Donor Advised Grant Round 2024	Kate Maston		Future Proofing Project: Is constant access to technology making our kids sad and anxious?	\$20,000	2024	2025
Mostyn Family Foundation	Implementation Grant	Sarah Connor	Currie	ILEC Travel Support	\$30,000	2022	2024
nib foundation	Health Smart Grant	Aliza Werner-Seidler		Sleep Ninja	\$80,000	2022	2023
	Prevention Partnerships Program	Aliza Werner-Seidler		Development and Pilot Evaluation of Sleep Ninja Classroom	\$150,000	2024	2025
		Kate Cope		Grow the reach of Sleep Ninja	\$100,000	2024	2025
Ottomin Foundation	Research Grant	Mark Larsen		RAFT Follow-up after a suicide attempt	\$250,000	2015	2025
Paul Ramsay Foundation	Research Grant	Helen Christensen		Data studies to track impact of current and recent bushfires on mental health and suicide (Future Proofing)	\$100,000	2020	2025
Perpetual	IMPACT Philanthropy Application Program	Jill Newby	Werner-Seidler	Social Anxiety Bootcamp	\$82,472	2021	2023
		Jennie Hudson	Sicouri	Optimising exposure treatment for children and young people	\$117,894	2022	2024
Rhianwen Dorney Endowmen	Implementation Grant	Vicki Mckenna	Meteoro, Kitchener	First Nations Lived Experience Centre	\$15,000	2024	2025

Philanthropic & industry grants							
Funding body	Scheme	Principal investigator	Co-investigators	Project title	Amount funded	Funding start year	Funding end year
Sandi & John Szangolies	Research Grant	Adam Bayes		Psychedelic Medication Dosing Study	\$200,000	2022	2023
Serp Hills Foundation	Research Grant	Aliza Werner-Seidler		Future Proofing Trial	\$20,000	2023	2024
		Deanna Francis		Reducing anxiety in children with reading difficulties	\$15,000	2024	2025
SPHERE	Strategic Platform Grant	Katherine Boydell		Implementation Science and Knowledge Translation	\$1,450,000	2018	2024
The Sax Institute	Contract Research	Fiona Shand	Martin	Review of evidence on effective universal aftercare measures 2019-22	\$45,360	2023	2023
The Wellcome Trust Limited	Scoping a digital mental health funding call	Bridianne O'Dea	Batterham	Understanding challenges and opportunities for informative clinical trials in digital mental health	\$487,844	2024	2024
University of New South Wales	APTE Scholarship	Aimee Gayed		Apte Scholarship for Academic Women	\$20,000	2022	2024
	Career Advancement Grant	Bridianne O'Dea		Career Advancement Fund for Female Academics	\$10,000	2023	2025
Wavemaker Adelaide	Research Grant	Sanderson Onie		Hope Exchange Project	\$10,000	2023	2024

Government grants							
Funding body	Scheme	Principal investigator	Co-investigators	Project title	Amount funded	Funding start year	Funding end year
Australian Institute of Aboriginal and Torres Strait Islander Studies	Indigenous Research Exchange Grant	Clinton Schultz	Meteoro, Schafer, Vervoort, Tujague, Ryan	Embedding Aboriginal and Torres Strait Islander Lived Experience voices in mental health and suicide prevention: Evaluating the journey of network members of the Aboriginal and Torres Strait Islander Lived Experience Centre	\$164,200	2022	2023
Commonwealth Department of Health	Digital Mental Health Program	Sam Harvey		Bite Back, Healthy Mind, myCompass	\$2,209,753	2021	2024
	E-Mental Health Support Services Program	Helen Christensen	Proudfoot	eMental Health in Practice (eMHPPrac)	\$5,816,084	2013	2023
	Mindgardens Neuroscience Network/MNN Commonwealth Fund-ed Research Projects	Samuel Harvey	Newby	Patient Prevention Outreach Using Technology	\$900,000	2020	2024
		Helen Christensen	Harvey, Salmon, Cockayne	Mindgardens Clinic for Depression	\$600,000	2020	2024
	National Suicide Prevention Activities Program Grant	Leilani Darwin	Christensen, Cockayne	Aboriginal and Torres Strait Islander Lived Experience Centre	\$2,140,464	2019	2025
		Helen Christensen		Support for the National Suicide Prevention Trial	\$7,702,009	2017	2025
	National Leadership in Mental Health Program Grant	Helen Christensen	Harvey, Newby, Cockayne, Millard, Bryant, Edwards	A specialist mental health hub for health professionals during the COVID-19 pandemic ('TEN')	\$3,883,000	2020	2024
		Louisa Salee	McGoldrick	Integrating Aboriginal and Torres Strait Islander lived experience into the Regional Suicide Prevention Networks and informing national suicide prevention policy	\$2,355,721	2022	2025
	Service Contract	Samuel Harvey		Delivery of National Emergency Worker Support Service (NEWSS)	\$8,068,149	2023	2025

Government grants							
Funding body	Scheme	Principal investigator	Co-investigators	Project title	Amount funded	Funding start year	Funding end year
Commonwealth Department of Foreign Affairs and Trade/National Foundation for Australia-China Relations	2021-22 Focussed Competitive Grants	Jin Han	Chai, Christensen, Cockayne, Han, Hudson, Li, McGuire, Pertierra, Williams	Integrated online mental health service for Chinese international students	\$200,000	2022	2025
Commonwealth Department of Foreign Affairs and Trade	Australia-Indonesia Institute 2020 COVID-19	Sandersan Onie	Larsen	Internet Suicide Prevention Ads for Indonesia (ISPAI)	\$40,000	2020	2023
NSW Department of Education	Contract Research	Michelle Tye	McGillivray, Foley, Muskitta	Guidelines for school staff to respond to student incidents of self-harm and suicidal behaviour	\$66,610	2024	2024
NSW Department of Premier and Cabinet	NSW DPC Tender	Samuel Harvey	Bryant, Deady	Review and gap analysis of mental health services in frontline services	\$184,867	2024	2024
NSW Ministry of Health	NSW Health Clinical Service Delivery Grant	Jonathan Tennant		Black Dog Institute NGO Grants Program	\$17,321,550	2014	2026
		Samuel Harvey	Deady, Gayed, Tennant, Francis Taylor, Sanatkar, Counson, Dean, Bryant, Scott	Credentialed Mental Health and Resilience Training	\$940,000	2022	2024
	Samuel Harvey	Deady, Gayed, Tennant, Francis Taylor, Sanatkar, Counson, Dean, Bryant, Scott	Evaluation of the JMO SHIFT App	\$1,260,000	2022	2024	
Randwick City Council	Community Creative Investment Stream	Aurora Murphy		Youth Week Traveling Circus	\$5,500	2023	2023

Collaborative grants led by other institutions

Competitive research grants							
Funding body	Scheme	Principal investigator	Co-investigators	Project title	Amount funded	Funding start year	Funding end year
Australian Research Council	Linkage Grant	Richard Bryant	Harvey	Improving Productivity in Emergency Service Personnel	\$664,511	2019	2023
Health Research Council of New Zealand	2023 HRC Projects	Sarah Hetrick	Cargo, Fortune, Thabrew, Tye, McGillivray, Wong	TIPS: Trans-Tasman Internet-delivered Prevention of (youth) Suicide	\$1,301,495	2023	2026
National Institutes of Health	NIHR Health Technology Assessment Programme—Researcher-led	Anthony Morrison	Longden, Peel, Pyle, Shields, Gumley, Freeman, Gillard, Emsley, Sharwood, Sierpatowska, Hazzard, Christensen, Pfeiffer	RAPID Remote psychosocial interventions to prevent avoidable psychiatric hospital admissions in people with serious mental health problems: a multi-arm multi-stage trial	\$4,223,944	2022	2025
Medical Research Future Fund	Dementia, Ageing and Aged Care Grant	Muireann Irish	Foxe, Jeon, Velakoulis, Robinson, Whitton, Kumfor, Low, Piguat, Ahmed	A new tool to optimise the early and accurate diagnosis of frontotemporal dementia	\$1,789,025	2023	2027
	Million Minds Mental Health Research Mission	Michael Berk	Rossell, Fitzgerald, Almeida, Apostolopoulos, Batterham, Bryant, Christensen, Davey, Dean, Forbes, Galletly, Glozier, Gunn, Harris, Harvey, Hood, Hoy, Jacka, Kay-Lambkin, Kulkarni, Kyrios, Lagopoulos, Loo, Lubman, Malhi, Martin, McGrath, McKetin, Meyer, Mihalopoulos, Millard, Mills, Murray, Nelson, Ng, O'Donnell, O'Neil, Osborne, Pantelis, Rodgers, Russell, Sarris, Siskind, Sundram, Touyz, Turner, Venkatesh, Yucel, Zoungas	Mental Health Australia General Clinical Trial Network (MAGNET)	\$11,998,908	2021	2026
		Jo Robinson	La Sala, Occhipinti, Calear, Tye, Gao, Filia, Kirtley, McGill, Hickie	Right here right now. What are the social determinants and protective factors for mental illness, suicidal ideation and self-harm in young Australians and what are the best bets for prevention?	\$920,756	2023	2025

Competitive research grants							
Funding body	Scheme	Principal investigator	Co-investigators	Project title	Amount funded	Funding start year	Funding end year
		Mark Boyes	Eadie, Norbury, McArthur, Whitworth, Leitao, Hill, Levickis, Calder, McEvoy, Francis	Social determinants of mental health among children with language difficulties: Identifying intervention targets to prevent mental disorders	\$973,659	2023	2025
	Models of Care for Sexuality & Gender Diverse People & People with Innate Variations of Sex Characteristics	Louisa Smith	Phillipson, Newman, Boydell, Hutchinson, Kirby, Hardy, Darling, Morris, Brady, O'Shea, Watson, Fiolet, Hind	SAGE Dem: A model of care to improve health of sexuality and/or gender diverse people living with dementia	\$759,121	2024	2028
	Rapid Applied Research Grant	Rebecca Guy	Bartlett, Marshall, Lloyd, Vallely, Kelly-Hanku, Nori, Tangey, Bowen, Hajarizadeh, Hengel, Treloar, Watts, Coulter, Bradley, Judge, Regan, Speers, Whiley, Casey, Williamson, Mak, Barth, Cunningham, Matthews, Dore, Fox, Wand, Thomas, Wood, Pickering, Grebely, Foster, Cannon, Kaldor, Hanson, Brotherton, Vnuk, Boydell, Vallely, Whop, Lafferty, Causer, Gunathilake, Martinello, Saville, Shephard, Smith, Lynch, Cunningham, Gray, Baird, Monaghan, McGregor, Shih, Badman, Matthews, Applegate, Wiseman, Dimech, Rawlinson	Scaling up infectious disease point-of-care testing for Indigenous people	\$9,967,326	2021	2027

Competitive research grants							
Funding body	Scheme	Principal investigator	Co-investigators	Project title	Amount funded	Funding start year	Funding end year
National Health and Medical Research Council	Centre of Research Excellence	Valsamma Eapen	Doyle, Grace, Woolfenden, Katz, Kohlhoff, Reeves, Boydell, Raman, Kemp	Addressing inequity and supporting positive life trajectories through strengths-based tiered access and resources (STAR-CRE)	\$2,500,000	2023	2028
	Clinical Trials and Cohort Studies	Philip Batterham	Christensen, Calear, Shand, Sunderland, Borschmann, Banfield, O'Dea, Butterworth, Larsen	The LifeTrack Project: Population-based longitudinal cohort study to understand suicidal transitions	\$1,062,723	2022	2025
	Global Alliance for Chronic Diseases	David Peiris	Maulik, Yatirajula, Ghosh, Billot, Downey, Christensen, Bryant	Adolescent resilience-building in urban slums—a multifaceted trial of life skills education in India (ANUMATI)	\$1,658,669	2023	2027
	Ideas Grant	Mark Larsen	Swomya, Boydell, Onie, Vaughan	Interrupting suicides in public places: Using CCTV to understand, detect and respond to behaviours prior to a suicide attempt	\$839,423	2023	2025
	Partnership Projects	Colleen Loo	Martin, Mitchell, Hadzi-Pavlovic, Chatterton, Galletly, Hopwood, Sara	Australasian Partnership for Improving Outcomes in Severe Depression	\$909,752	2020	2025
		Penelope Hasking	McEvoy, Melvin, Robinson, Kessler, Farrer, Johnston-Hollitt, Norman, Tonta, Shand	COMPAS-S: Checking on mental health—Providing alternatives to suicide for students	\$1,012,086	2024	2029
	Project Grant	Colleen Loo	Martin, Fitzgerald, Dokos, Hadzi-Pavlovic, George, Bai, Boonstra, Sackeim	A randomised controlled trial of Focal Electrically Administered Seizure Therapy (FEAST) in patients with severe depression	\$2,616,498	2019	2023
Chris Davey		Loo, Cotton, Glozier, Baune, Amminger, Harrison, Hermens, Somogyi, Martin	A randomised controlled trial of low-dose ketamine in youth with severe depression and elevated suicide risk	\$2,232,756	2018	2023	
Suicide Prevention Australia	Targeted Research Grant	Michelle Banfield	Shand, Calear, Batterham, Lamb, McMillan, Sargent, Skeat, Gulliver, Morse, Ellis, Bliokas	Co-creating safe spaces: Translational research on innovative alternatives to the emergency department for people experiencing emotional distress and/or suicidal crisis	\$1,253,062	2021	2024

Philanthropic and industry grants							
Funding body	Scheme	Principal investigator	Co-investigators	Project title	Amount funded	Funding start year	Funding end year
University of New South Wales	Research Infrastructure Scheme	Nigel Lovell	Brown, Ooi, Chou, Celler, Sowmya, Stevens, Krishnan, Meijering, Mohammadi, Parameswaran, Welsh, Argha, Harris, Stevenson, Betbeder-Matibet, Arnold, Sandler, Endre, Letton, Yu, Delbaere, Bilston, Brodie, Cohn, Cohen, Wakefield, Larsen, Christensen, Black, Jenkins, Humphries, Wang, Ashton	Connected HeAlth Network Laboratory (CHANL)	\$211,772	2022	2023
ZonMw	Core Elements in Youth Interventions	Maaïke Nauta	Hamersfeld, More, Hudson, Kooiman, Fat	WHICH core elements work for WHOM, WHEN and HOW in the treatment of anxiety in youth	\$393,615	2024	2026

Government grants							
Funding body	Scheme	Principal investigator	Co-investigators	Project title	Amount funded	Funding start year	Funding end year
Commonwealth Department of Health	National Suicide Prevention Leadership and Support	Jane Pirkis	Reifels, Shand, Tye, Diminic, Kölves	LIFEWAYS—Translating suicide prevention research into policy and practice	\$2,601,201	2022	2025
Health Research Council of New Zealand	2023 HRC Projects	Sarah Hetrick	Cargo, Fortune, Thabrew, Tye, McGillivray, Wong	TIPS: Trans-Tasman Internet-delivered Prevention of (youth) Suicide	\$44,688	2024	2027

Fellowships and scholarships						
Funding body	Scheme	Principal investigator	Project title	Amount funded	Funding start year	Funding end year
Anika Foundation	PhD Scholarship in Adolescent Depression and Suicide	Karen Kusuma	Applying new technologies to improve prediction of suicidal behaviour in young Australians	\$105,000	2019	2024
Australian Rotary Health	Postdoctoral Fellowship	Melissa Aji	A digital intervention for nighttime fears and sleep disturbances for children	\$250,000	2024	2025
		Gemma Sicouri	Empowering parents to optimise child anxiety treatment	\$250,000	2024	2025
Black Dog Institute	Helen Christensen Mental Health Research Scholarship	Nitharsaa Ambalavanar	Investigating mechanistic treatment targets for anhedonia	\$158,571	2023	2026
		Atia Fatimah	The role of digital emotion regulation in adolescent mental health	\$158,571	2023	2026
Commonwealth Department of Education, Skills and Employment	Research Training Program	Lizel-Antoinette Bertie	Developing a treatment risk index for childhood anxiety	\$98,322	2021	2024
		Jacqueline Frei	Mental health literacy in primary school teachers	\$98,322	2021	2026
		Daniel Zheng Gan	Improving engagement in digital mental health	\$98,322	2020	2024
		Nikki Huang	Digital Prevention Program Targeting Repetitive Negative Thinking in Australian Adolescents	\$98,322	2024	2027
		Katarina Kikas	Improving the diagnosis of illness anxiety disorder	\$98,322	2022	2025
		Clara Massaneda Tuneu	Cognitive reserve as a predictor of cognitive outcomes in electroconvulsive therapy	\$98,322	2023	2026
		Maddison O'Gradey-Lee	Creating and validating a measure of life interference for Aboriginal and Torres Strait Islander young people with anxiety and depression	\$98,322	2021	2025
		Katherine Petrie	Mental health and suicide among junior doctors in Australia	\$98,322	2019	2024
Demee Rheinberger	Co-creating an intervention to support parents who attend the emergency department with an adolescent in suicide crisis	\$98,322	2022	2025		

Fellowships and scholarships							
Funding body	Scheme	Principal investigator	Project title	Amount funded	Funding start year	Funding end year	
		Ivana Solaja	Investigating changes in cognition (cognitive flexibility, creativity), emotional processing and personality in treatment resistant depression (TRD) population following an antidepressant treatment with ketamine or psilocybin	\$98,322	2021	2026	
		Leona Tan	The application and evaluation of a behavioural resilience training program for the prevention of mental health problems in emergency service workers	\$98,322	2020	2024	
		Emily Upton	Evaluating a transdiagnostic, scalable online treatment for Repetitive Negative Thinking (RNT) in adults	\$98,322	2024	2027	
		Jessica Wang	Co-designing an engaging CBM-I intervention alongside adolescents with lived experience of worry and/or low mood	\$98,322	2022	2025	
		Natalie Windsor	Health Anxiety (Intrusive thoughts and intrusive imagery)	\$98,322	2020	2026	
	Margaret Castronova	Margaret Castronova Fellowship	Stevan Nikolin	Neurostimulation and Interventional Psychiatry Research	\$320,000	2021	2023
			Stevan Nikolin	Neuroscience Fellowship: Optimising Brain Stimulation for Depression	\$320,000	2023	2025
National Health and Medical Research Council	Investigator Grant	Richard Bryant	Advancing Posttraumatic Mental Health	\$2,772,580	2020	2024	
		Alison Calear	Connecting kids: Harnessing interpersonal connectedness to reduce suicide risk in youth	\$1,243,588	2020	2024	
		Colleen Loo	Developing New Treatment Approaches for Severe and Treatment-Resistant Depression	\$2,060,520	2021	2025	
		Philip Mitchell	Improving outcomes for youth at risk of bipolar disorder	\$2,221,276	2020	2024	
		Jill Newby	Improving outcomes for people with illness anxiety disorder	\$1,570,120	2022	2026	
		Gordon Parker	Studies advancing the definition and treatment of the bipolar disorders	\$750,000	2020	2024	

Fellowships and scholarships							
Funding body	Scheme	Principal investigator	Project title	Amount funded	Funding start year	Funding end year	
		Perminder Sachdev	Developing robust biomarkers for vascular cognitive impairment and dementia: Adding V to the ATN research framework	\$3,289,215	2021	2025	
		Michelle Tye	Prevention is better than cure: Development and implementation of an effective multi-strategy approach for youth suicide prevention	\$1,570,120	2022	2026	
		Aliza Werner-Seidler	The Kids Aren't Alright: Preventing Depression in Adolescents	\$600,715	2022	2026	
		Samuel Harvey	Improving the mental health of Australian workers	\$1,554,485	2020	2024	
		Jennie Hudson	Improving outcomes for children with anxiety disorders	\$2,382,170	2023	2027	
		Alexis Whitton	Targeting anhedonia to improve clinical and functional outcomes in depression	\$1,576,390	2023	2027	
		Senior Principal Research Fellowship	Helen Christensen	Landmark population trials in suicide prevention	\$963,270	2019	2023
	Medical Research Future Fund	Investigator Grants: MRFF Priority Round	Bridianne O'Dea	Tackling it with Tech: Using novel Internet solutions to overcome the burden of depression in youth	\$620,205	2021	2026
State Insurance Regulatory Authority	SIRA Research Fellowship in Black Dog Institute	Samineh Sanatkar	Promoting workers' recovery from mental illness	\$408,300	2022	2024	
Suicide Prevention Australia/NSPRF Capacity Building	Post-Doctoral Fellowship Grant	Sandersan Onie	A randomised controlled trial evaluating a targeted help-provision campaign for youth, Culturally and Linguistically Diverse (CALD), and Aboriginal and Torres Strait Islander individuals searching online for suicide means	\$276,894	2022	2024	
University of New South Wales	UNSW Scientia Fellowship Program	Aliza Werner-Seidler	Investigating methods to reduce the burden of depressive illness in young people at a population level	\$160,000	2019	2025	
	UNSW University International Postgraduate Award	Justin Catania	Evaluating a blended care model for treating adult depression and anxiety	\$122,500	2023	2027	
		Kassem Chendeb	Developing a Standardised Test of Emotional Reactivity Using Electroencephalography	\$122,500	2023	2027	

Fellowships and scholarships						
Funding body	Scheme	Principal investigator	Project title	Amount funded	Funding start year	Funding end year
		Vivien Czapla	Understanding and optimising transcranial magnetic stimulation using electroencephalography	\$122,500	2023	2026
		Haijin Huang	Enhancing working memory in older adults using transcranial alternating current stimulation	\$122,500	2023	2026
		Xiaomin Xu	Developing the combination of repetitive transcranial magnetic stimulation (rTMS) and cognitive training (CT) for enhancing cognitive functioning	\$122,500	2022	2025

Australian and Black Dog Institute awards

Award	Grantee
Knowledge Translation Awards (August 2023)	Kate Maston Priya Vaughan Sandersan Onie Samantha Tang Lauren McGillivray Samineh Sanatkar Melissa Black Chloe Lim Rosemaree MillerrGemma Sicouri Julie-Anne Matheson
Knowledge Translation Awards (February 2024)	Natasha Josifovski Mark Deady Gemma Sicouri Kayla Steele Ana Rita Barreiros Xiaomin Xu Taylor Braund Mirjana Subotic-Kerry
EMERGE Award (September 2023)	Natasha Josifovski Wendy Chen Katherine Petrie Aimee Gayed Laura Parrish Taylor Braund Emma McDermott Maddison O'Gradey-Lee Ann Martin
EMERGE Award (February 2024)	Karen Kusuma Wendy Chen Sandersan Onie Benjamin Storer Melissa Aji Roar Murphy Clara Massaneda
Helen Christensen PhD Scholarships	Atia Fatimah Nitharsaa Ambalavanar

Black Dog Institute community

Board directors

Elizabeth Grinston
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Grant Lovett (resigned August 2023)
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Carol Berg AM
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Her Excellency Mrs Linda Hurley
Her Excellency the Honourable Margaret Beazley AC QC

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Sue Pearce
Susan and Stuart Dorney
The Bishop Foundation
The Mather Foundation
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Luminaries

Adele Catsoulis
Beth Fuller
Chad Sharpe
Christine Newton
Clive Jones
Denise Fetherstonhaugh
Elena Brand
Elizabeth Page
Faith Burns
Giles and Cherie Smith
Helen Robinson
Hugh and Claudine Williams
In memory of Dominique Paul
Jaidyn Seller
Jason Om
Jayne and Phil Newling
Kathryn White
Melinda Richardson
Michael Sinclair
Micheal Connor
Natasha Simon
Patricia Rowntree
Phil Bretherton
Robyn and Peter Helm
Susan Hosken
Tim Smyth
Victoria Kitching
Wendy Preece

Estates

Estate of the late Clare Beutum
Estate of the late Kim Cherie Watkins
Estate of the late Malcolm John Hann
Estate of the late Susanne Briggs
Estate of the late William Thomas Denholm

Aboriginal and Torres Strait Islander Lived Experience Centre Network advisors

The Aboriginal and Torres Strait Islander Lived Experience Centre's National Network consists of 30 members, diverse in age, gender, location, Nation/Mob and lived experiences. It includes 6 members from the Torres Strait Islands. In 2024, the Network welcomed 4 new members who were recruited in line with priorities identified by the Network with the aim of empowering more rainbow (LGBTQIA+) voices, younger voices and voices from key underrepresented locations. The Network includes an Advisory Group consisting of 8 members who provide higher-level guidance for the Centre and associated projects. Alongside this core group are countless associate members who contribute to the Centre's work and form a larger peer community of First Nations lived experience champions.

Lived experience—Youth Advisory Group (12–26 years) *

Amy Little
Amy Wang
Iris Merdegia
Lea Simic

Maddison O'Gradey-Lee
Nash Wall
Ruby Burgess
Ruby Jacob
Sam Tickle
Stephanie Luvisi
*1 youth lived experience advisor who wishes to remain anonymous

Lived experience—Advisor Network*

Aisha Spokes
Alan Tyson
Alyssa Carter
Anne Schwartz
Caroline Allen
Caroline Bentley
Cassandra Heffernan
Cody Roth
Cristy Welsh
Delaine Sky
Dr David Hodgson
Dr Stephen Lake
Dr Susanne Armstrong
Elle Ma (Lloyd)
Emily Unity
George Laggis
Graeme Holdsworth
Hayley Purdon
Hazel McKenzie
Inger Jacob
Jade Johnston
Jennifer Waltmon
John O'Loughlin
Julia Lessing
Lars Wicky Emery
Leela Subramaniam
Leesa Field
Linda Sunderland
Lizzie Hogg
Luke James Baldassini
Maamora Renata Polaia
Matthew Whitten
Nayonika Bhattacharya

Nic Bloom
 Penelope Bye
 Sally Ann Pollard
 Tony Thiveos
 *48 lived experience advisors
 who wish to remain anonymous

Lived experience workplace presenters

Adam Sinclair
 Aleisha Power
 Amy-Ruth Lewis
 Andrew Bacon
 Anne Riches AM
 Chris Callinan
 David Westgate
 Elizabeth Simms
 Robert Sheridan
 Wayne Wigham

Active Future Proofing volunteers

Alanna Goddard
 Alicia Leon
 Alyssa Krikorian
 Alyssa Lim
 Amanda Williamson
 Anna Macoustra
 April Mallon
 Claire Kim
 Gareth Pask
 Lauren Buxton
 Marta Smitham
 Matilda Hunt
 Mia Levin
 Natalie Willis
 Sarah Haskard
 Selena Mulliah

One Foot Forward top fundraisers

Individual
 Brenton Birtchnell
 Trisha Abbey

Nick Theodossi
 Zoe and Toby Taylor
 Carmelo Macri
 Tim Hankins
 Brett McCrae
 Beau Robertson
 Sherylee Halverson
 Amanda Calderan

Teams

Alinta Wellbeing
 'OFF' to Pally—2.0
 Jonah's Wings
 DBR Account
 Team Gusso
 Let's do it for Brody
 The Village
 Friday Swims
 Charry Barra
 Footsteps for Tomas

Mullets for Mental Health top fundraisers

Adrian Siller
 Andrew Sheppard
 Ben Rickard
 Casey Station Mulletisation
 Chris Donohoe
 Chris Holmes
 Cody Ryle
 Dentsu's Majestic Media Mullets
 Dugald River Social Club
 FDC Construction & Fitout
 Ford Millican
 Gaia Puleston
 Glows Cafe
 Harley Newcombe
 Jackson Rush
 James Bennett-Hullin
 Joanne Killmister
 Jorj & Jake Park
 Kerryn Wood
 Logan Firefighters
 Macauley Jones

Michael Del Santo
 Newman College
 Ps & Ds
 Reuben Bell
 Scenic World
 St Patrick's College, Shorncliffe
 Tommy Koehler
 Trent Stanyer
 Zenviron

Top community fundraisers

Road Less Travelled Team
 Jeremy Gordon
 Blak Trekkers
 A Night in the Doghouse Sydney and Brisbane
 Aon City2Surf
 Zachary Chapman
 The Morgue at Rochedale
 Alex Cleary
 Bhaji Smugglers
 Callan Coleman
 Lachlan Trew and the Swimathon Team
 Blake Bourne
 GG Millers
 Mental Health Mission
 Rebecca Overton
 JAD Speckle Park
 Fi and Leigh—City2Surf
 Musselrowers
 Evolve Cable Beach
 Leonie Crow
 Nerriga Hotel
 In Loving Memory of John Elliot
 Jo Field
 LiveLoveLaugh City2Surf Team
 Postie Run
 Jordan Letcher and Team
 In memory of Hannah Gabrielle Friebe

Financial summary

ABN 12 115 954197

Black Dog Institute does not receive ongoing government funding. Instead, our income is competitively gained through grants, fee-for-service activities and fundraising.

Without reserves and surplus funds, we cannot plan or staff our research programs due to the uncertainty of accessing competitive funding.

Collecting and strategically deploying reserved funds allows us to make the best and most effective use of every dollar to create the biggest impact possible, rather than spending reactively and inefficiently. In creating this stability, we can be innovative and can validate our approaches and innovations directly with end users and those with lived experience.

Revenue from continuing operations	FY 2024 (\$)	FY 2023 (\$)
Grants—Commonwealth	12,622,260	9,579,393
Grants—State and territory	3,122,993	3,603,292
Grants—Non-government	3,599,814	4,010,476
Grants—Corporate and philanthropic	3,678,540	3,730,404
Fundraising income	16,648,085	18,378,386
Fee for service income	6,045,520	6,161,245
Investment & other income	3,154,582	2,145,386
Total	48,871,794	47,608,582

Expenses	FY 2024 (\$)	FY 2023 (\$)
Employee remuneration and other employee expenses	34,396,992	37,758,285
Professional fees	3,479,909	4,420,674
Communication, event and promotion expenses	2,617,021	2,692,356
Implementation expenses	2,134,274	318,524
ICT costs	1,382,809	1,216,694
Other expenses	3,296,706	2,904,622
Total	47,307,711	49,311,154

Surplus for the year	1,564,083	-1,702,572
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Expenses (by function)	FY 2024 (\$)	FY 2023 (\$)
Research trials, program development and dissemination	20,630,794	21,894,227
Clinical services, online treatments and education programs	11,361,462	11,304,612
Fundraising events and activities	7,617,225	7,981,543
Corporate services and administration	7,579,202	8,018,715
Investment expenses	119,028	112,058
Total	47,307,711	49,311,154

Balance sheet

Current assets	FY 2024 (\$)	FY 2023 (\$)
Cash and cash equivalents	26,897,407	26,921,187
Trade and other receivables	6,951,094	8,342,448
Total current assets	33,848,501	35,263,635

Non-current assets	FY 2024 (\$)	FY 2023 (\$)
Financial assets	23,574,902	21,744,980
Property, plant and equipment	1,706,842	1,751,375
Intangible assets	889	6,581
Total non-current assets	25,282,633	23,502,936
Total assets	59,131,134	58,766,571

Current liabilities	FY 2024 (\$)	FY 2023 (\$)
Trade and other payables	16,042,391	17,732,262
Employee benefits	1,554,225	1,190,146
Total current liabilities	17,596,616	18,922,408

Non-current liabilities	FY 2024 (\$)	FY 2023 (\$)
Employee benefits	423,041	296,767
Total non-current liabilities	423,041	296,767
Total liabilities	18,019,657	19,219,175
Net assets	41,111,477	39,547,396

Funds	FY 2024 (\$)	FY 2023 (\$)
Retained earnings	41,111,477	39,547,396
Total equity	41,111,477	39,547,396

We are the voice of mental health science

To find out more about Black Dog Institute or any of our programs, please visit:

blackdoginstitute.org.au



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