

How schools will use My Mind Check

STEP 01 Plan

Our School Support Team will work with you to create a tailored plan for how your school will use My Mind Check.

We also support school staff with simple processes.



STEP 02 Check-in

Schools set up and conduct supervised **check-ins during school hours**.

- Hold 30-minute sessions, with check-ins taking 10–15 min.
- Step-by-step guides provided



STEP 03 Respond

Staff review instant outcomes in the portal and are provided with **early indicators about mental health risks and protective factors**.

School staff will also access our curated resource hub to support student communication.



My Mind Check resources

STEP
01

Plan

[School Principal Guide](#)

[School Planner](#)

[Schools Communication Toolkit](#)

Consent Forms – [Caregiver](#)/[Student](#)

[School Administrator Guide](#)



STEP
02

Check-in

[Check-in Guide for Session Supervisors](#)

[FAQs for Session Supervisor](#)



STEP
03

Respond

[Follow up Guide](#)

[Mental Health & Wellbeing Starter Guide](#)

Caregiver Communication Template*

Student Communication Template*

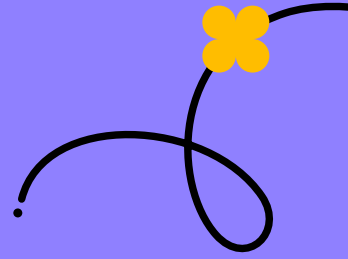
[Phone Script](#)

[Student Action Plan](#)

[School Documentation Template](#)

Resource Directory*

**Attached in cover email*



Supporting Australian schools to understand student mental health and wellbeing



Delivered by



MACQUARIE
University
SYDNEY • AUSTRALIA

Funded by
3



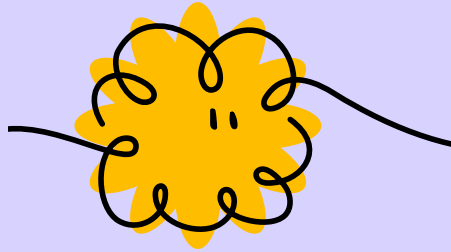
Australian Government
Department of Education

Mental health in Australian schools is at a critical level. From the pressures of school, social media and daily life, many students are struggling to cope.

14% of Australian youth
are affected by mental health issues¹

50% of mental health issues occur
before the age of 14²

By Year 9, these students are
two years behind their peers academically.³



What is My Mind Check?

Designed for Australian schools, My Mind Check is a **free and voluntary mental health and wellbeing check-in tool**. It offers proactive, evidence-based outcomes and gives students a voice for mental health and wellbeing.

My Mind Check has been developed by Macquarie University, Sydney based on years of research⁴ and consultation with the education, health and community sectors.

Our aim is to ensure that every Australian school has access to the right tools and resources to foster a positive mental health environment.



¹ Australia Institute of health and welfare 2014

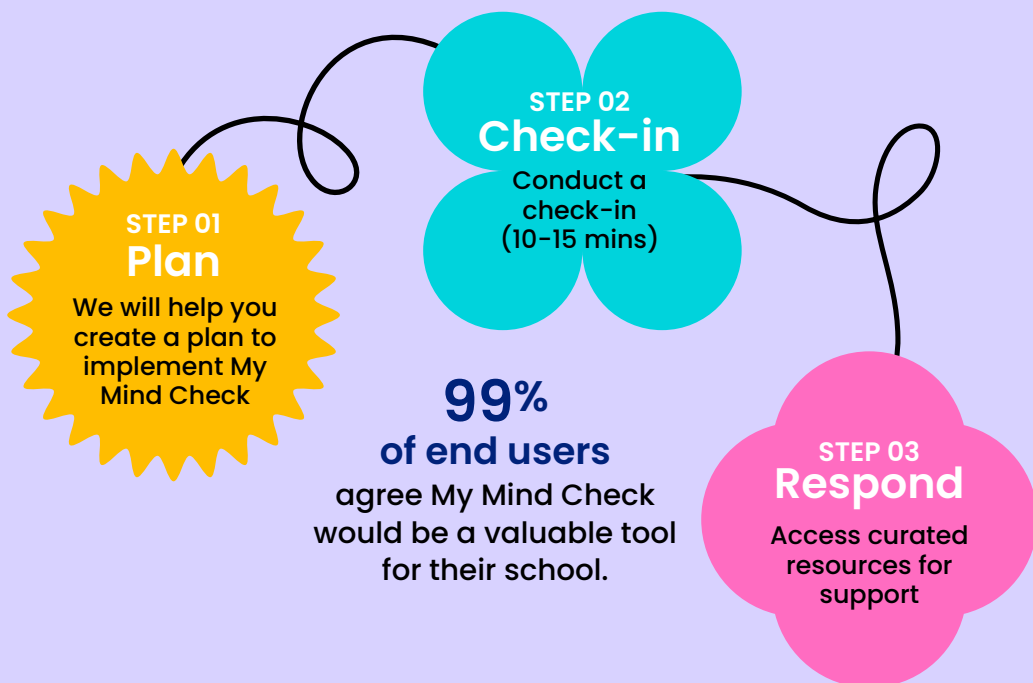
² Kessler RC, Berglund et al, 2005

³ ABC, 2015; Polanczytk et al., 2015

⁴ Rapee et al., 2024; Burns & Rapee, 2015, 2019

How My Mind Check works

The My Mind Check School Support Team will work with your school to provide easy-to-follow processes for implementation.



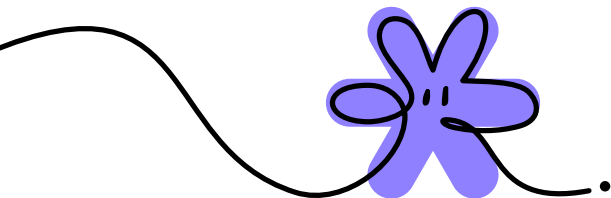
Check-ins take approximately 10-15 minutes to complete and differ by student age group:

- ◆ **Foundation – Year 3** – Students are presented with two images, selecting the option that best reflects them.
- ◆ **Years 4 –12** – Students are asked age-appropriate questions that explore important aspects of mental health and wellbeing.

Mental Health Domains covered in My Mind Check

Core pack	Domains by school year levels		
Domains	Foundation to Year 3	Years 4 & 5	Years 6–12
Mental health Domains			
Anxiety	✓ [‡]	✓	✓
Attention/Activity	✓ [‡]	✓	✓
Mood	–	–	✓
Protective Factors			
Family Connections	–	✓	✓
School Belonging	✓ [‡]	✓	✓
Peer Acceptance	✓ [‡]	✓	✓
(‡ measured differently for Foundation to 3)			

+	Foundation to Year 3	Years 4 & 5	Years 6–12
Optional mental health domains			
Body Image/Eating Difficulties	–	–	✓
Peer Victimisation	–	✓	✓



Benefits of My Mind Check

- ◆ Free for Australian schools
- ◆ Check-ins conducted during school time only
- ◆ Real-time insights for schools
- ◆ Expertly curated resources to support schools, caregivers and students
- ◆ Available for students from Foundation – Year 12
- ◆ Data security and privacy is priority

Visit

MyMindCheck.org.au

and select **ENQUIRE NOW** to find out more or register your interest in becoming a My Mind Check school.




**my mind
check**

For further information, please contact
info@mymindcheck.org.au

Mental health affects the education and lives of young people.

1 in 7
students have a mental health concern and it impacts their education.[†]



What is My Mind Check?

My Mind Check is a free, voluntary and evidence-based digital mental health and wellbeing check-in for school students. It allows schools to take a proactive approach to hear from students on how they are doing.

It provides schools with mental health and wellbeing information that they can use or share in line with existing policies, processes and systems.



Scan to visit the
My Mind Check website.
mymindcheck.org.au

I like that this can address the invisible workload of teachers in supporting student wellbeing.

High School Teacher


**my mind
check**

^{*}Lawrence et al., 2015, [†]Goodsell et al., 2017

Schools will have access to:



Public website

Access to mental health information and programs for schools, students and caregivers. Schools register for My Mind Check and access their school portal.



School portal

For registered schools. Set up and run check-ins, see outcomes, access guides and templates to respond after check-ins.



School support team

Support for schools as they consider and plan to use My Mind Check. On-hand during school hours for technical enquiries.

How schools will use My Mind Check

STEP 01

Plan

Register for access to the My Mind Check portal, then join a personal onboarding and planning session with our School Support Team.

STEP 02

Check-in

Conduct supervised check-ins during school hours, with students answering age-appropriate questions.

STEP 03

Respond (post check-in)

Review instant outcomes for individual students and cohorts, share information including online resources and consider optional in-school support.

Key features

Core pack

Domains by school year levels

	Domains	Foundation to Year 3	Years 4 & 5	Years 6-12
Comprehensive Online Check-In Includes mental health risk and protective factors.	Mental health Domains			
Student Voice for all Students Self-report for Foundation – Year 12 students. Developmentally appropriate versions.	Anxiety	✓†	✓	✓
	Attention/Activity	✓†	✓	✓
Point in time Not diagnostic, provides early indicators.	Mood	–	–	✓
	Protective Factors			
Evidence-based data From research with Australian schools.	Family Connections	–	✓	✓
	School Belonging	✓†	✓	✓
Easy to use, with support Simple system with guides and hands-on planning and technical support for teachers and schools.	Peer Acceptance	✓†	✓	✓
	(†measured differently for Foundation to 3)			
Secure Data Handling Commonwealth standards of cyber security and privacy. Supported by independent security evaluation. Data stored in Australia.	Basic demographic information is provided by schools and students.			
	Students will be asked additional questions to improve the tool and collect student feedback about check-ins. Outcomes from these questions will not be reported to schools.			
	Check-ins take approx. 15-20 mins to complete and differ by student age group.			
Free Adds value as student wellbeing resource funded by Australian Government Department of Education.	Optional mental health domains	Foundation to Year 3	Years 4 & 5	Years 6-12
	Body Image/Eating Difficulties	–	–	✓
Flexible Participation Voluntary for schools and students.	Peer Victimization	–	✓	✓

The Australian Government is implementing the Student Wellbeing Boost to support students after the COVID-19 pandemic.

Macquarie University is proud to deliver My Mind Check as part of this initiative.

Delivered by



MACQUARIE
University

Funded by



Australian Government
Department of Education

Version 1.0 Information current at April 2024

Mental health affects the education and lives of young people.

1 in 7
students have a mental health concern and it impacts their education.[†]



What is My Mind Check?

My Mind Check is a free, voluntary and evidence-based digital mental health and wellbeing check-in for school students. It allows schools to take a proactive approach to hear from students on how they are doing.

It provides schools with mental health and wellbeing information that they can use or share in line with existing policies, processes and systems.



Scan to visit the
My Mind Check website.
mymindcheck.org.au

I like that this can address the invisible workload of teachers in supporting student wellbeing.

High School Teacher


**my mind
check**

^{*}Lawrence et al., 2015, [†]Goodsell et al., 2017

Schools will have access to:



Public website

Access to mental health information and programs for schools, students and caregivers. Schools register for My Mind Check and access their school portal.



School portal

For registered schools. Set up and run check-ins, see outcomes, access guides and templates to respond after check-ins.



School support team

Support for schools as they consider and plan to use My Mind Check. On-hand during school hours for technical enquiries.

How schools will use My Mind Check

STEP 01

Plan

Register for access to the My Mind Check portal, then join a personal onboarding and planning session with our School Support Team.

STEP 02

Check-in

Conduct supervised check-ins during school hours, with students answering age-appropriate questions.

STEP 03

Respond (post check-in)

Review instant outcomes for individual students and cohorts, share information including online resources and consider optional in-school support.

Key features

Core pack

Domains by school year levels

	Domains	Foundation to Year 3	Years 4 & 5	Years 6-12
Comprehensive Online Check-In Includes mental health risk and protective factors.	Mental health Domains			
Student Voice for all Students Self-report for Foundation – Year 12 students. Developmentally appropriate versions.	Anxiety	✓†	✓	✓
Point in time Not diagnostic, provides early indicators.	Attention/Activity	✓†	✓	✓
Evidence-based data From research with Australian schools.	Mood	–	–	✓
Easy to use, with support Simple system with guides and hands-on planning and technical support for teachers and schools.	Protective Factors			
Secure Data Handling Commonwealth standards of cyber security and privacy. Supported by independent security evaluation. Data stored in Australia.	Family Connections	–	✓	✓
Free Adds value as student wellbeing resource funded by Australian Government Department of Education.	School Belonging	✓†	✓	✓
Flexible Participation Voluntary for schools and students.	Peer Acceptance	✓†	✓	✓
	(*measured differently for Foundation to 3)			
	Basic demographic information is provided by schools and students. Students will be asked additional questions to improve the tool and collect student feedback about check-ins. Outcomes from these questions will not be reported to schools. Check-ins take approx. 15-20 mins to complete and differ by student age group.			
	Optional mental health domains	Foundation to Year 3	Years 4 & 5	Years 6-12
	Body Image/Eating Difficulties	–	–	✓
	Peer Victimization	–	✓	✓

The Australian Government is implementing the Student Wellbeing Boost to support students after the COVID-19 pandemic.

Macquarie University is proud to deliver My Mind Check as part of this initiative.

Delivered by



MACQUARIE
University

Funded by

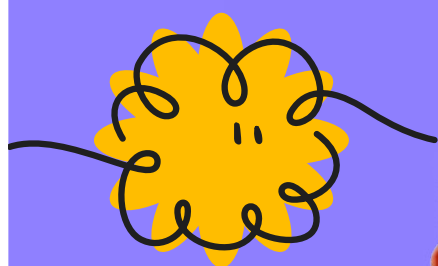


Australian Government
Department of Education

Version 1.0 Information current at April 2024

Supporting Australian schools to understand student mental health and wellbeing

1 in 7
students have
a mental health
concern and it
impacts their
education.*†



My Mind Check is a free mental health and wellbeing check-in expertly designed for Australian schools.

It offers proactive, evidence-based outcomes for school staff to support students and allows a collaborative approach with caregivers.

This voluntary tool also provides a voice for each student's mental health and wellbeing.

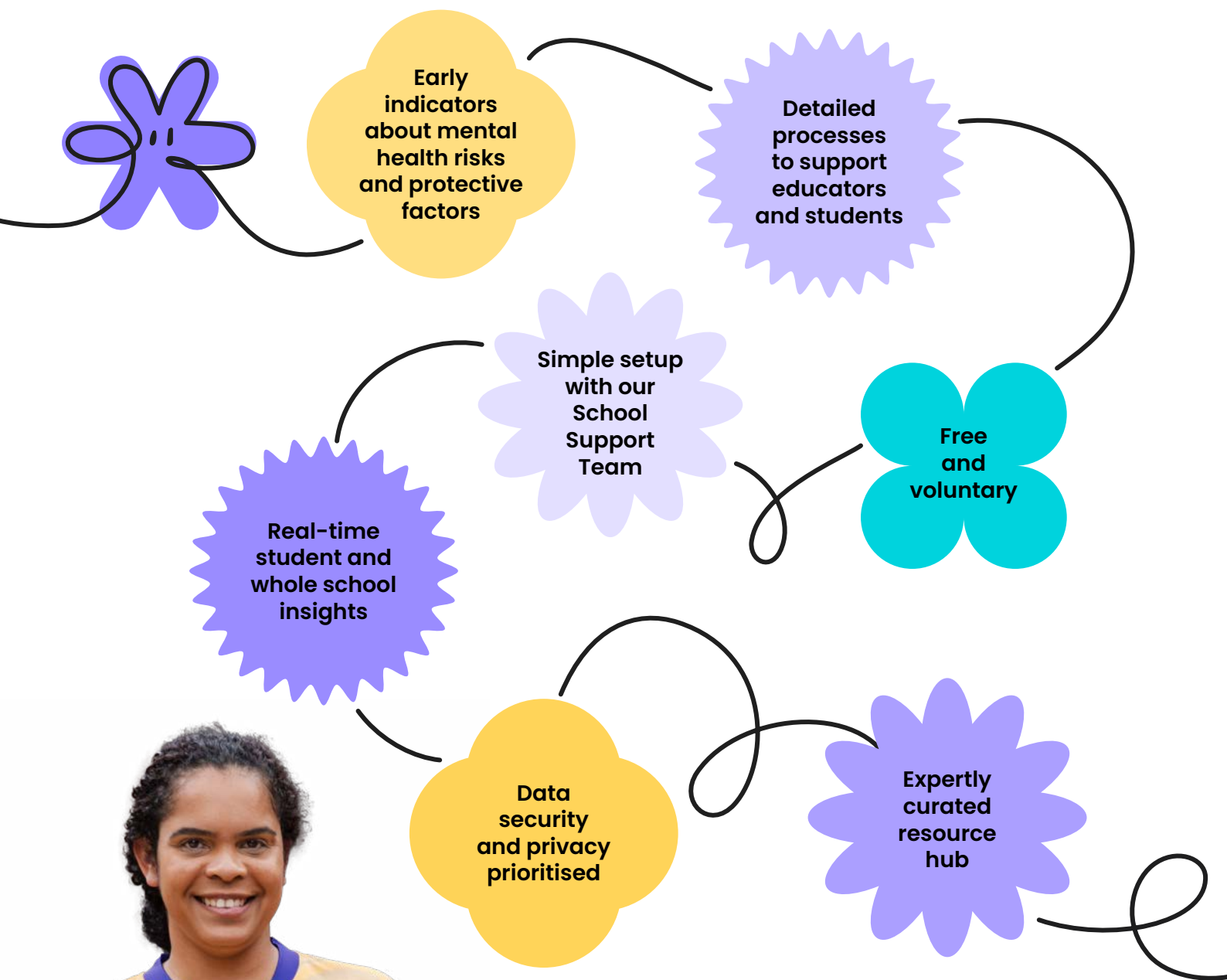

**my mind
check**



**Want to
know more?**

Visit mymindcheck.org.au
and make an enquiry with
our School Support Team

Made for Australian schools and students



The Australian Government is implementing the Student Wellbeing Boost to support students after the COVID-19 pandemic.

Macquarie University is proud to deliver My Mind Check as part of this initiative.

Delivered by



MACQUARIE
University

Funded by



Australian Government
Department of Education



A Voluntary Mental Health & Wellbeing Check Tool

FOR ALL AUSTRALIAN SCHOOLS



The Australian Government's 'Plan to Help our School Kids Bounce Back' was announced in 2023. This Plan will support schools to respond to student mental health and wellbeing and comprises two parts:

1. one-off funding to schools to support students' mental health and wellbeing.
2. a free, online, voluntary mental health check tool for all schools and year groups.

Funded by the Australian Department of Education, Macquarie University has been engaged to provide the online tool.

AIMS OF THE TOOL

The Voluntary Mental Health and Wellbeing Check Tool aims to help schools:

- Quickly identify students struggling with mental health and wellbeing at a given point in time.
- Provide information to guide decisions to support students.
- Allow schools to identify changes in the mental health and wellbeing of their students over time.

SCOPE AND TIMELINE

The Tool will be available to all Australian schools (across all sectors and grades) from Term 1, 2024.

Schools can voluntarily choose to participate and can implement the tool at any time. Schools will then get access to their own students' results.

OUR EXPERIENCE

Our team at Macquarie University have been running school-based mental health research for over a decade. This includes research of over 20,000 students; scientific development of a mental health check instrument; a randomised controlled trial to demonstrate the value of a student check; and extensive feedback from stakeholders.

CURRENT PLANNED DESIGN

The current vision is for the Mental Health and Wellbeing Check Tool to comprise three components:

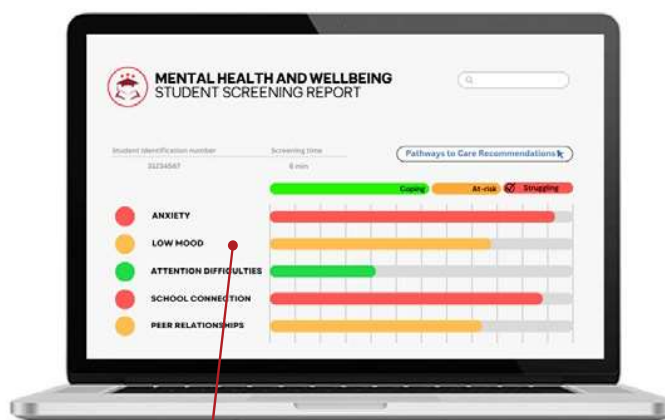
1. WEBSITE

This will provide the gateway to the Tool for schools as well as frequently asked questions and relevant information for schools, caregivers and students, including:

- Information and resources about mental health in young people to increase mental health literacy and reduce stigma.
- General educational information about the value, aims, and processes of checking mental health and wellbeing through schools.
- Links to publicly accessible online service directories (e.g., Be You, Head to Health, WellMob).
- A link for schools to the online school tool.

2. ONLINE TOOL

Schools can sign up to the Tool and to receive the full range of guidelines and systems to facilitate running the mental health and wellbeing check with their students. Following the check in, school staff will have access to individual and group-level reports, along with recommendations to guide schools to make decisions to support students.



Schools can see an individual student's results via a simple report.

3. TECHNICAL AND SUPPORT SERVICES

The service will include both online and telephone access to provide set-up, technical and user support for schools.

ENGAGEMENT WITH STAKEHOLDERS

In developing the Voluntary Mental Health and Wellbeing Check Tool and resources, we want to make sure that all relevant stakeholders are included. As a representative of a group that will use or be assisted by the Tool, we want to hear your views.

We want to hear what you think needs to be represented within the tool; how it can best support the needs of schools, staff, caregivers and students; and any potential barriers you can think of that we will need to address.

Scan the QR code below to register your interest and contribute to the development of the online Tool



SCAN ME

Schools can see wellbeing insights at a grade level or for the whole school.



FIND OUT MORE

W: mq.edu.au/about/schoolmentalhealthchecktool

E: schoolmentalhealthcheck@mq.edu.au

Macquarie University NSW 2109 Australia

ABN 90 952 801 237

CRICOS Provider 00002J



SCAN ME



MACQUARIE
University



Dear **School**

In today's educational landscape, prioritising mental health is essential. I am excited to introduce you to My Mind Check, designed to help Australian schools proactively address their students' mental health and wellbeing.

Developed by Macquarie University and funded by the Australian Government Department of Education, My Mind Check is a free digital check-in tool that provides schools with valuable, evidence-based insights to support informed decisions about student wellbeing. The My Mind Check team has designed streamlined processes and offers a variety of resources to make implementation easy for schools.

To find out more about My Mind Check, I invite you to attend a **Discover My Mind Check Webinar**. This session will showcase how this important initiative can enhance student wellbeing and create a supportive educational framework that addresses mental health challenges proactively.

Please select a date below to register for an upcoming Discover My Mind Check Webinar.

- [Thursday 10 October – 3:30pm](#)
- [Wednesday, 16 October - 4:00pm](#)

Alternatively, if you would like to arrange a time for our School Support Team to speak to your school, please contact info@mymindcheck.org.au

Please [click here](#) for additional information relating to My Mind Check. We also encourage you to visit our website at mymindcheck.org.au

Our aim is to ensure that every school has access to the right tools and resources to foster a positive mental health environment.

Kind regards

Dr Lauren McLellan
Director



Dear School,

Imagine a world where every student feels understood, supported and empowered to thrive.

In today's educational landscape, prioritising mental health is essential. I am excited to introduce **My Mind Check**, a tool designed to help Australian schools proactively understand their students' mental health and wellbeing.

Developed by Macquarie University and operating on behalf of the **Australian Government Department of Education**, My Mind Check is available **free** to Australian schools.

My Mind Check provides valuable, evidence-based insights to support informed decisions about student wellbeing. Offering streamlined processes and a variety of resources to make implementation easy, it aims to assist schools in fostering positive, mental health-focused environments for all students. Please [click here](#) to view our My Mind Check video.

We don't want your school to miss the chance to be part of this important, free initiative!

To register your interest please visit our [website](#) and **ENQUIRE**. You can also sign up for a [Discover My Mind Check Webinar](#). We also welcome the opportunity to present to key staff at schools directly. To request an individual meeting please contact info@mymindcheck.org.au.

Thank you for considering this important initiative to enhance student mental health and wellbeing. We hope to hear from you soon.

Kind regards,
Dr Lauren McLellan
Director



Delivered by



MACQUARIE
University
SYDNEY · AUSTRALIA

Funded by



Australian Government
Department of Education



Version 1.1 October 2024
© Commonwealth of Australia 2024

Stakeholder Communications Toolkit



1. Introduction – My Mind Check

Did you Know?

- On average, 14% of Australian youth experience mental health difficulties*
- Issues often emerge early – 50% of mental health concerns, even minor ones, are noticed before the age of 14**
- By Grade 9, students with mental health issues can be up to 2 years behind their peers academically^
- Schools have a key role to play in supporting student mental health^^
- The Student Wellbeing Boost, an initiative by the Australian Government, included funding for a national voluntary mental health and wellbeing check-in, now known as My Mind Check.

*Australia Institute of health and welfare 2014, **Kessler RC, Berglund et al, 2005 , ^ABS, 2015; Polanczytk et al., 2015,

^^ Productivity Commission Inquiry into Mental Health

My Mind Check – summary

My Mind Check is a new student mental health and wellbeing check-in for Australian schools. It gives students a voice to share how they feel about their own mental health and wellbeing and provides schools with proactive, evidence-based indicators about each student, each year group and whole school mental health and wellbeing at a moment in time.

It's a free, voluntary digital tool that has been expertly developed by Macquarie University based on years of research and extensive consultation with education, health and community.

To find out more about this initiative visit mymindcheck.org.au. Take a look at the “school” page specifically for schools and educators and/or submit an enquiry form so the school support team can provide you more information.

The initiative is funded by the Australian Government Department of Education as part of the Student Wellbeing Boost.



2. More about My Mind Check

Student check –ins

Students are asked age-appropriate questions about their mental health and wellbeing at a point in time. Students are not obligated to complete the check-in (despite caregiver consent) and can choose to withdraw at any time. Schools are encouraged to support their students to participate in a way that makes them feel most comfortable.

- Schools set up and conduct supervised **check-ins during school hours only**.
- Schools will schedule 30-minute check in sessions. Students are expected to take **10-15 minutes** to complete the check-in. Allowing set up and wrap up time.
- Check-ins include common mental health risk factors as well as protective factors.
- Check-ins can be repeated, but we don't recommend undertaking check-ins within one month of each other. This interval allows ample time for schools to respond to students from the previous check-in. The **timing and scheduling of check-ins is flexible for schools**.
- **Real-time student check-in summaries** are available to nominated My Mind Check approved staff via your school's My Mind Check portal.
- Schools follow up with students (or their caregivers) after check-ins by reviewing check-in summaries and sharing information with the student (or their caregiver, as relevant)
- We've done the hard work for you. My Mind Check offers schools **clear processes with a wealth of guides and templates to help staff**, and a simple website for caregivers and students.
- Built to meet strict **Commonwealth Government security and privacy standards**.

There are 4 Key Components to My Mind Check for use by schools, students, and caregivers

1. My Mind Check Website

The central location for schools, students and caregivers to access information about My Mind Check and obtain curated information and resources about each mental health and wellbeing topic measured by the tool. It is also where school staff access the school portal, and where students log-in to do their check-in.

2. School portal

The access point for your school to schedule and initiate check-in sessions, and obtain real-time student and whole-school insights, along with tailored follow-up guidance for each student.

3. School Support Team

The School Support team will work in partnership with schools to support the streamline implementation of My Mind Check to suit each school's current wellbeing strategies and goals. They are available weekdays 8am - 4pm during school terms to also assist with technical support.

4. Curated Resource Hub

Schools have access to an extensive range of expertly curated guides and external resources.

3. What's included?

My Mind Check is a comprehensive check-in that includes key mental health and wellbeing topics (or domains) as well as protective factors. Three age-appropriate versions are available in a standard core pack format or with additional mental health topics added if chosen.

Core Pack

Domain	Foundation to Year 3	Years 4 and 5	Years 6-12
Mental health domains			
Anxiety	✓*	✓	✓
Attention / Activity	✓*	✓	✓
Mood	—	—	✓
Protective factors			
Family Connections	—	✓	✓
School Belonging	✓*	✓	✓
Peer Acceptance	✓*	✓	✓

(*measured more broadly for Foundation to Year 3)

Foundation to year 3 students receive a visual presentation of two images. They select the option that best reflects them.

Years 4&5 and **Years 6-12** have two different age appropriate sets of written questions and answers.

All age groups have an **audio playback** function available for all questions and answers.

+ Optional

Optional mental health domains	Foundation to Year 3	Years 4 and 5	Years 6-12
Body Image/ Eating Difficulties	—	—	✓
Peer Victimisation	—	✓	✓

One or both of these optional mental health topics (domains) may be added to the core pack.

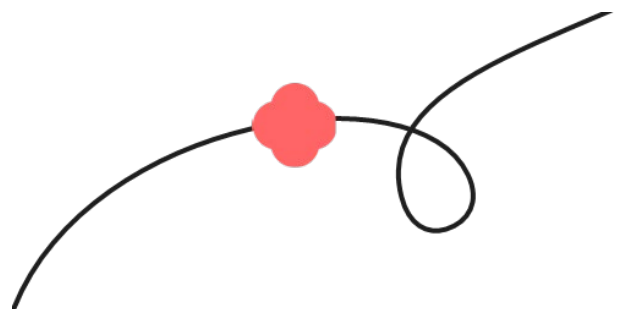
4. Security & privacy

My Mind Check is underpinned by the development of extensive cyber security controls. Australian federal agencies are required to build and maintain cyber security controls under guidance of the Information Security Manual (ISM) security framework. This includes 913 (as at June 2024) operational and technical cyber security controls that considers every aspect of an organisations security posture. As we have been developed under funding from the federal government, we are required to be independently assessed against the ISM. This assessment is called IRAP (Infosec Registered Assessors Program) and applied nationally (and across all sectors, i.e. beyond Education) to ensure consistent and effective defence of cyber threats.

Likewise, My Mind Check has had federal agency privacy expectations contractually applied to our product. It has been developed utilising privacy by design principles and been assessed through a recognised and independent Privacy Impact Assessment (PIA). Throughout this process the product and operation has been extensively evaluated against Australian Privacy Principles (APP) and legal implications of Privacy Law. The Commonwealth Department of Education has undertaken an independent Privacy Impact Assessment (PIA), to evaluate our approach and compliance with Australian legislation. Details of this process and confirmation of the PIA undertaking can be found on the department website (<https://www.education.gov.au/using-site/privacy>)

Do you have more questions? Please email us at mymindcheck@mq.edu.au

See over the page for digital assets



5. Digital Assets

Promotional Videos:

Purpose: These videos are hosted on Youtube and can be linked to digital communications and are a great way to give a quick overview of My Mind check. There is a short 30 seconds version and a longer 2m 14s version, both with or without subtitles. Unless subtitles are required, we recommend using the version without subtitles. Links to videos are provided here:

[2 minute video – no subtitles](#)

[2 minute video – with subtitles](#)

[30 second video – no subtitles](#)

[30 second video – with subtitles](#)

Images

Purpose: These 3 images and assets are for use within any digital communications you send. Please do not crop or change any images.

Images are all licensed and owned for use to promote My Mind Check only.

Please contact us at mymindcheck@mq.edu.au if you would like alternative content.

1: Square options



2: Rectangle options



3: Banner options





Discover My Mind Check Webinar

Delivered by

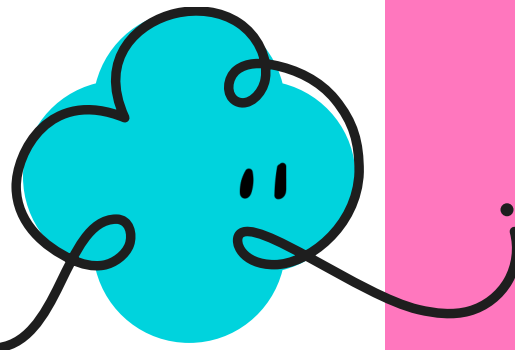


MACQUARIE
University
SYDNEY • AUSTRALIA

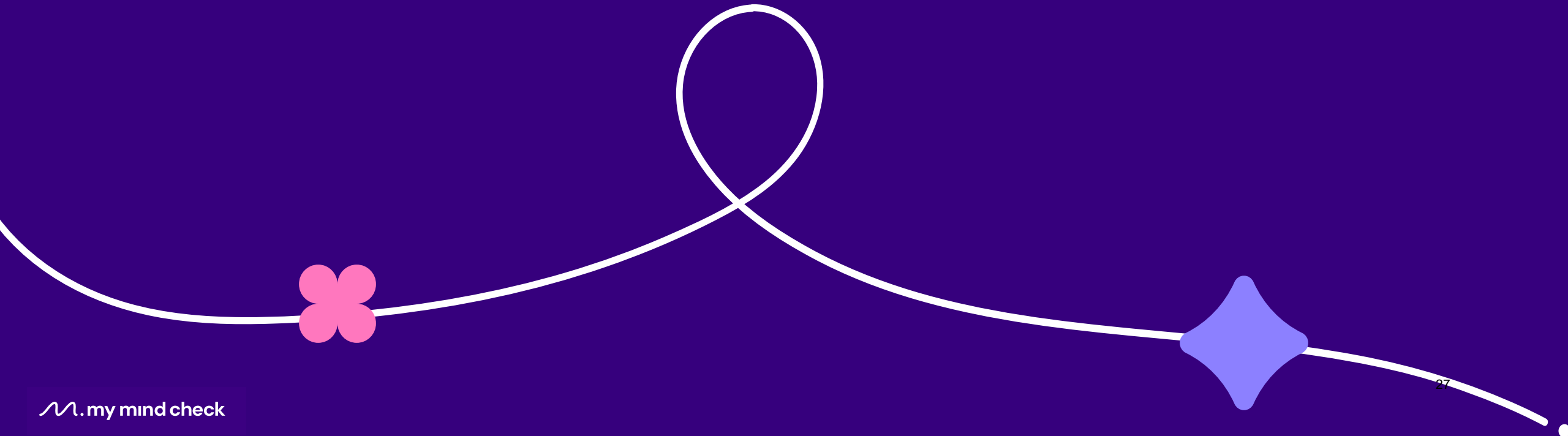
Funded by



Australian Government
Department of Education



We Have a Challenge in Our Schools...



Mental health is a critical issue for our youth



Common.
Affects 14%* (avg)
of youth



By Grade 9...
**two years behind
academically[^].**



Occurs early.
50% before age 14.**



*'Schools have a
key role to play in
supporting student
mental health.'*#



*On average **Kessler RC, Berglund et al, 2005

[^]ABS, 2015; Polanczyk et al., 2015

#Productivity Commission Inquiry into Mental Health

Australian Government

Student Mental Health Strategy

Funded by



Australian Government
Department of Education

The Australian Government is implementing **The Student Wellbeing Boost** to support our children's mental health.

Delivered by



MACQUARIE
University
SYDNEY · AUSTRALIA

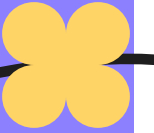
Macquarie University has been engaged to deliver part 2 of the Boost; **My Mind Check**.



Supporting schools
to understand student mental
health and wellbeing



mymindcheck.org.au
info@mymindcheck.org.au



m.
my mind
check

Factors	
Overall	Struggling
Anxiety	Struggling
Attention/Activity	Vulnerable
Mood	Coping

Free
and
voluntary



My Mind Check is a student mental health and wellbeing check-in for Australian schools



For schools:

Offers proactive, evidence-based indicators about students' mental health risks and protective factors



For caregivers:

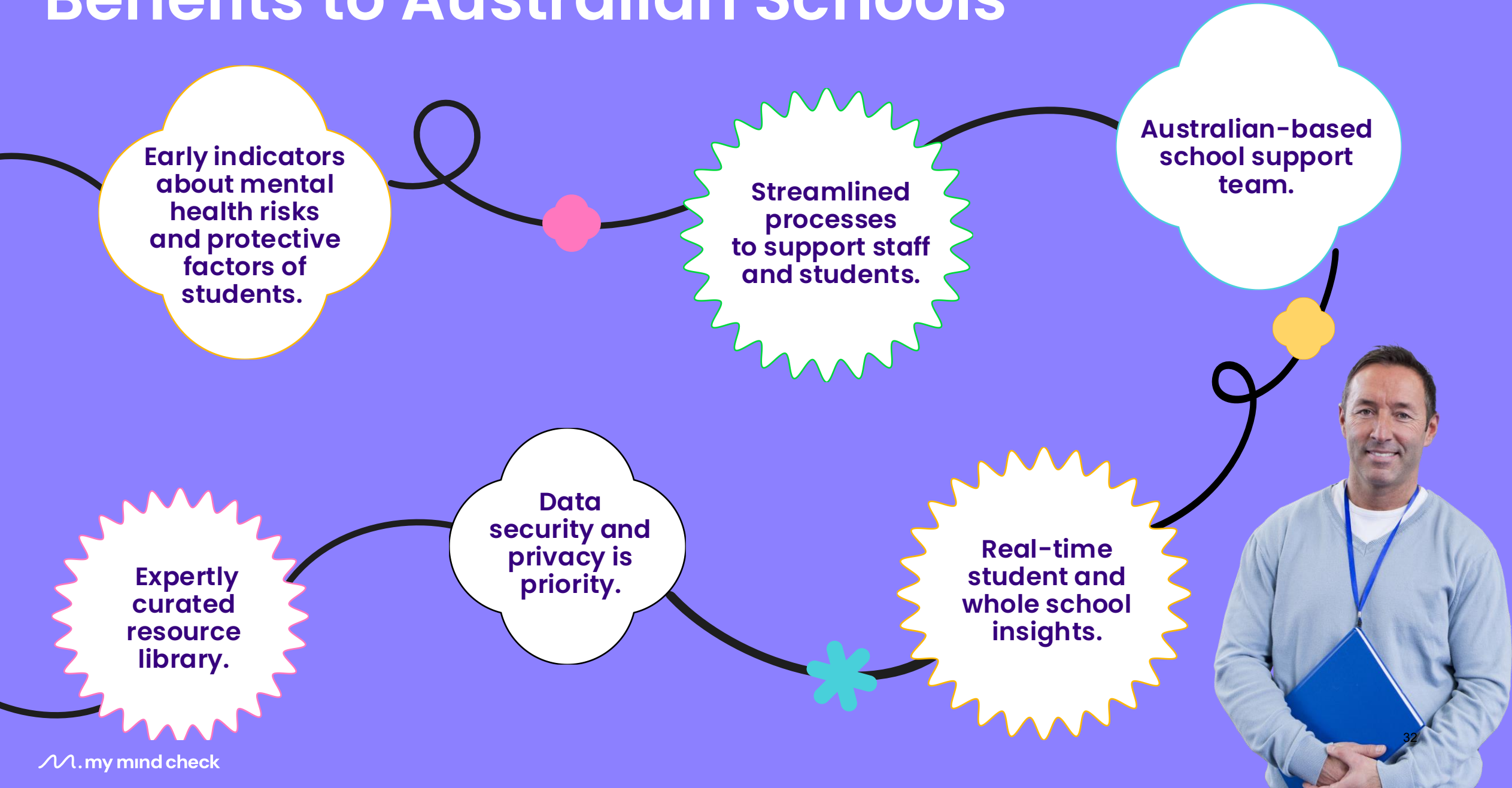
Allows collaboration with the school in support of your student



For students:

Provides each student a voice for their own mental health

Benefits to Australian Schools



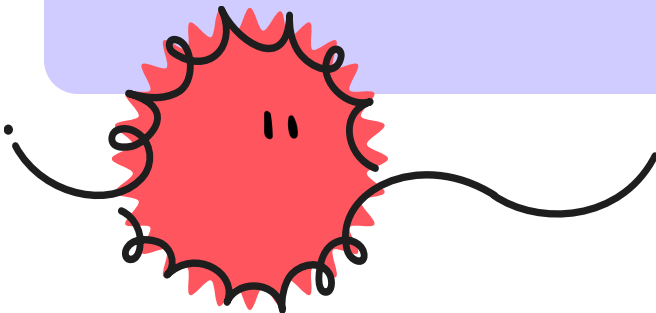
Expertly developed

Internationally renowned Distinguished Professor Ron Rapee AM, leading mental health researcher Dr Lauren McLellan and their team at Macquarie University, Sydney, have led the research, design and build of My Mind Check for Australian schools.

* Rapee et al, 2024. † Burns & Rapee, 2015, 2019; Hunt, Peters & Rapee, 2012.



MACQUARIE
University
SYDNEY · AUSTRALIA



Robust product development

Research studies

Years 2000 – 2022

My Mind Check
development

2023 – 2024

Product validation &
refinement

**~14,000
students**
in NSW
(70+ schools)
BEACON
and RADAR

+


90+
nationwide
consultations

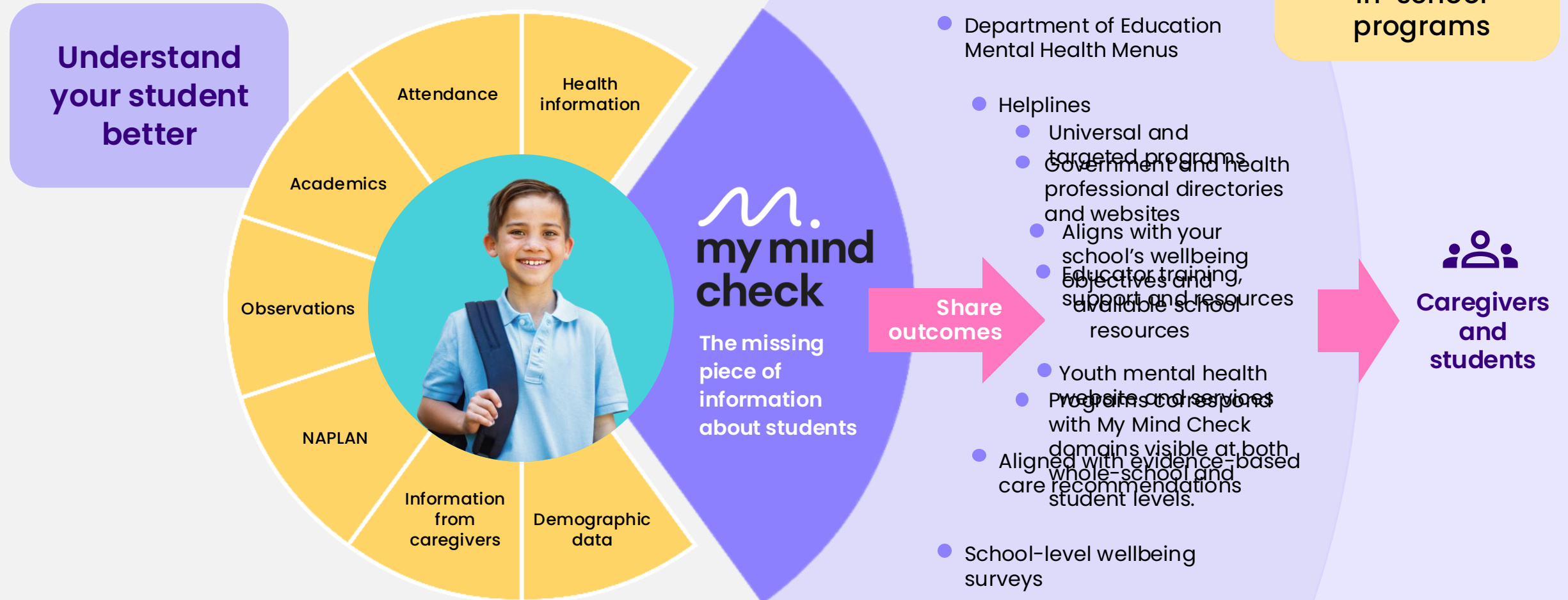
+


182
end-user
respondents
(nationally
representative)

=

99%
end users*
agree it would
be a valuable
tool for schools

My Mind Check fits into the school wellbeing ecosystem



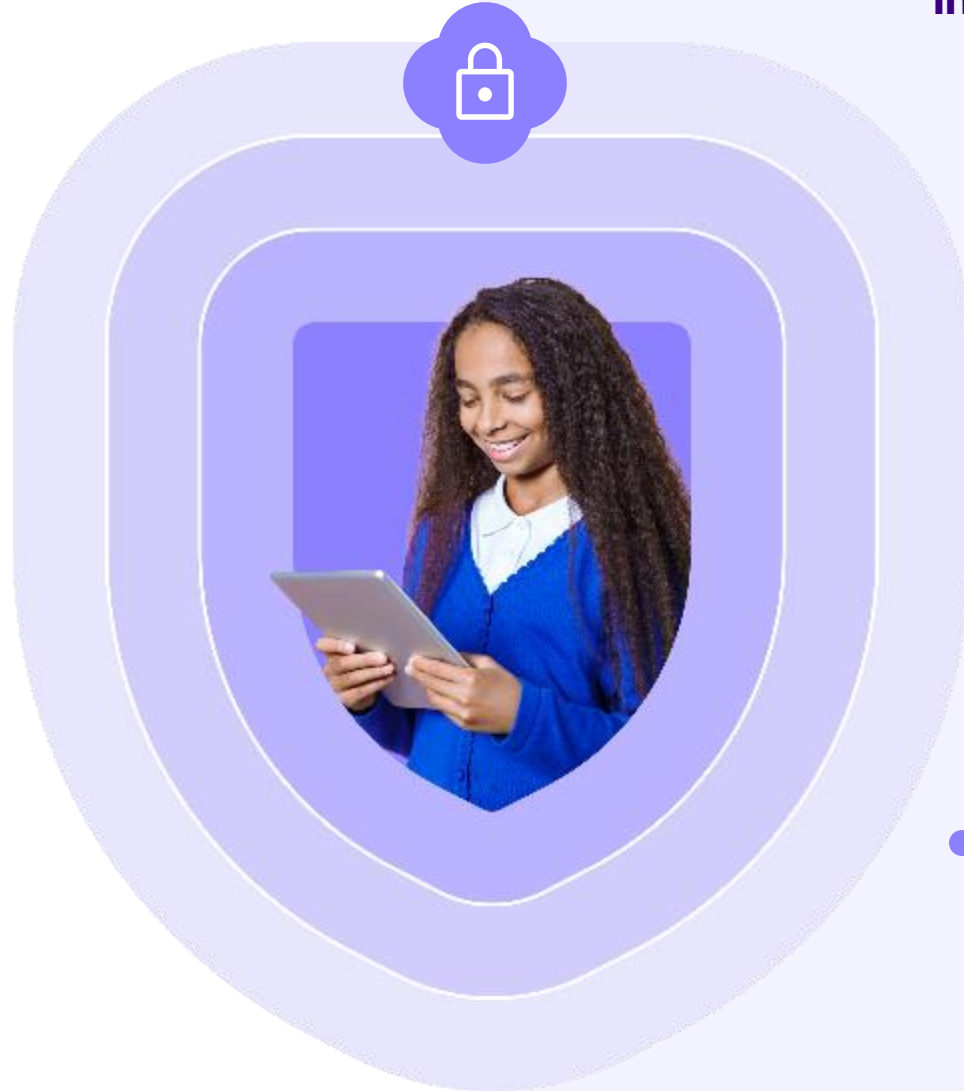
Data security and privacy

Secure data handling

My Mind Check adheres to **Commonwealth standards** of cyber security and privacy.

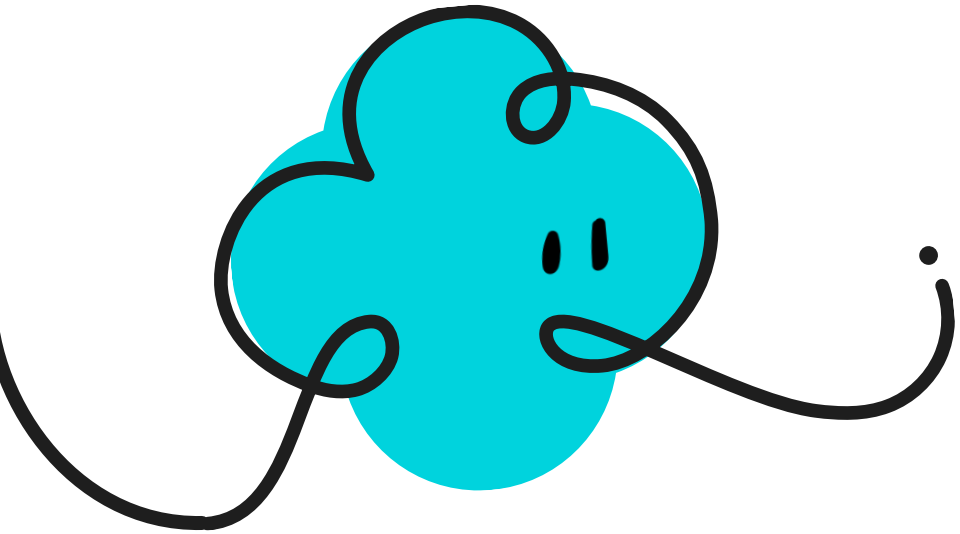
Our handling processes are **supported by independent security evaluation and testing.**

All data is **encrypted** and **stored in Australia.**



- Collect as **little personal information** as possible
- Access to student outcomes only available to **authorised staff**
- Utilise **data encryption** and login authentication
- Clear information **about who may access information** and for what purpose
- Commonwealth (and state/territory departments) only access **uptake and usability information**
- Macquarie University accesses de-identified data for quality assurance, service improvement and research publication

How Your School Will Use My Mind Check



How schools will use My Mind Check

STEP
01

Plan

Our **School Support Team** will work with you to create a tailored plan of how your school will use My Mind Check.

We support school staff with simple processes.

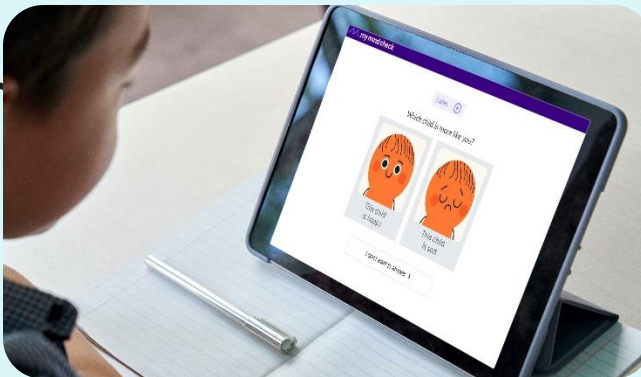


STEP
02

Check-in

Schools set up and conduct supervised **check-ins during school hours**.

- Hold 30-minute sessions, with check-ins taking 10–15 min.
- Flexible scheduling
- Step-by-step guides provided



STEP
03

Respond

Staff review instant outcomes in the portal and are provided with access to our **curated resource hub** to support **student and caregiver communication and actions**.



**Foundation – Year 3**

Visual presentation of 2 images, students select the option that best reflects them.

**Years 4 & 5**

Age appropriate series of questions, with a range of possible answers to be selected.

**Years 6-12**

Age appropriate series of questions, with a range of possible answers to be selected.

Core Pack

Domain

Foundation
to Year 3Years
4 & 5Years
6–12**Mental health domains**

Anxiety

✓ *

✓

✓

Attention / Activity

✓ *

✓

✓

Mood

—

—

✓

Protective Factors

Family Connections

—

✓

✓

School Belonging

✓ *

✓

✓

Peer Acceptance

✓ *

✓

✓

(* measured more broadly for Foundation to Year 3)

Optional mental health
domainsFoundation
to Year 3Years
4 & 5Years
6–12Body Image/
Eating Difficulties

—

—

✓

Peer Victimization

—

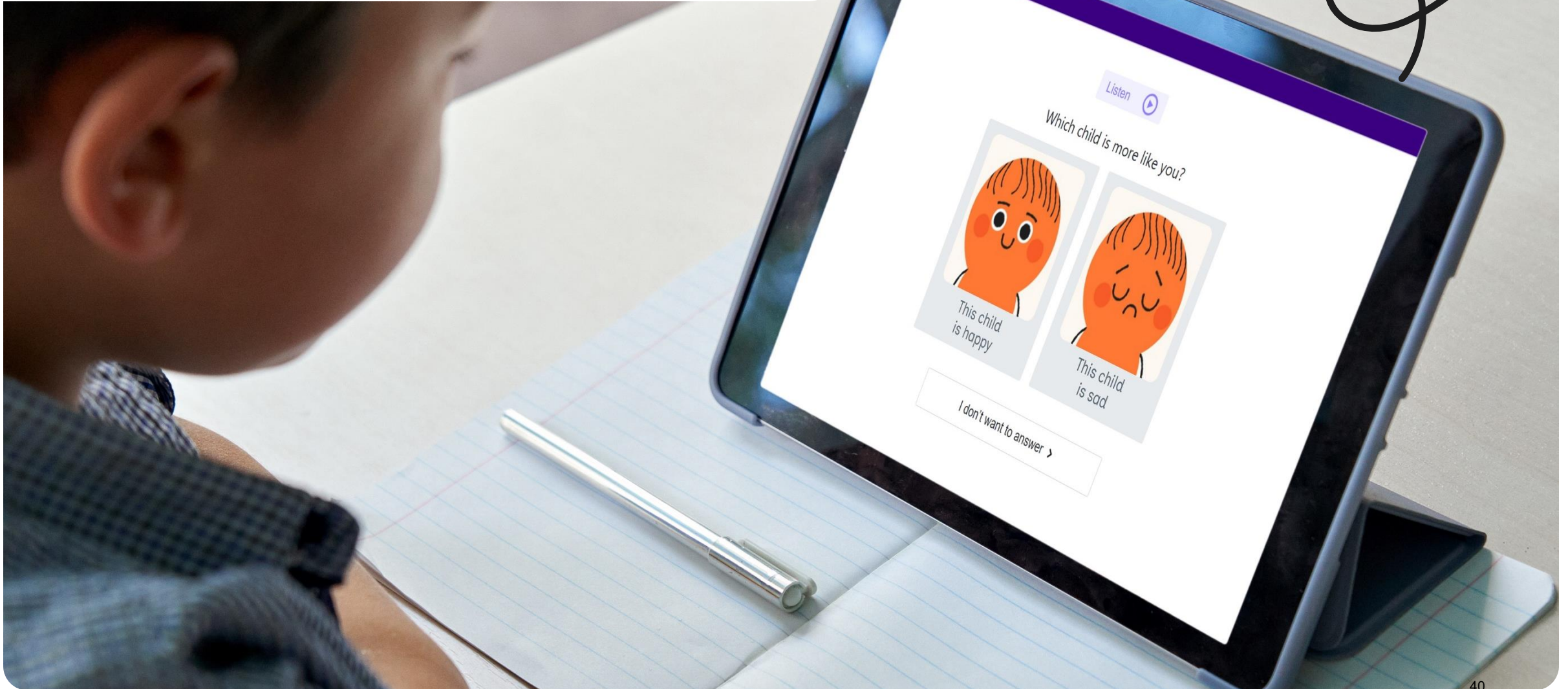
✓

✓

STEP
02

Foundation to Year 3

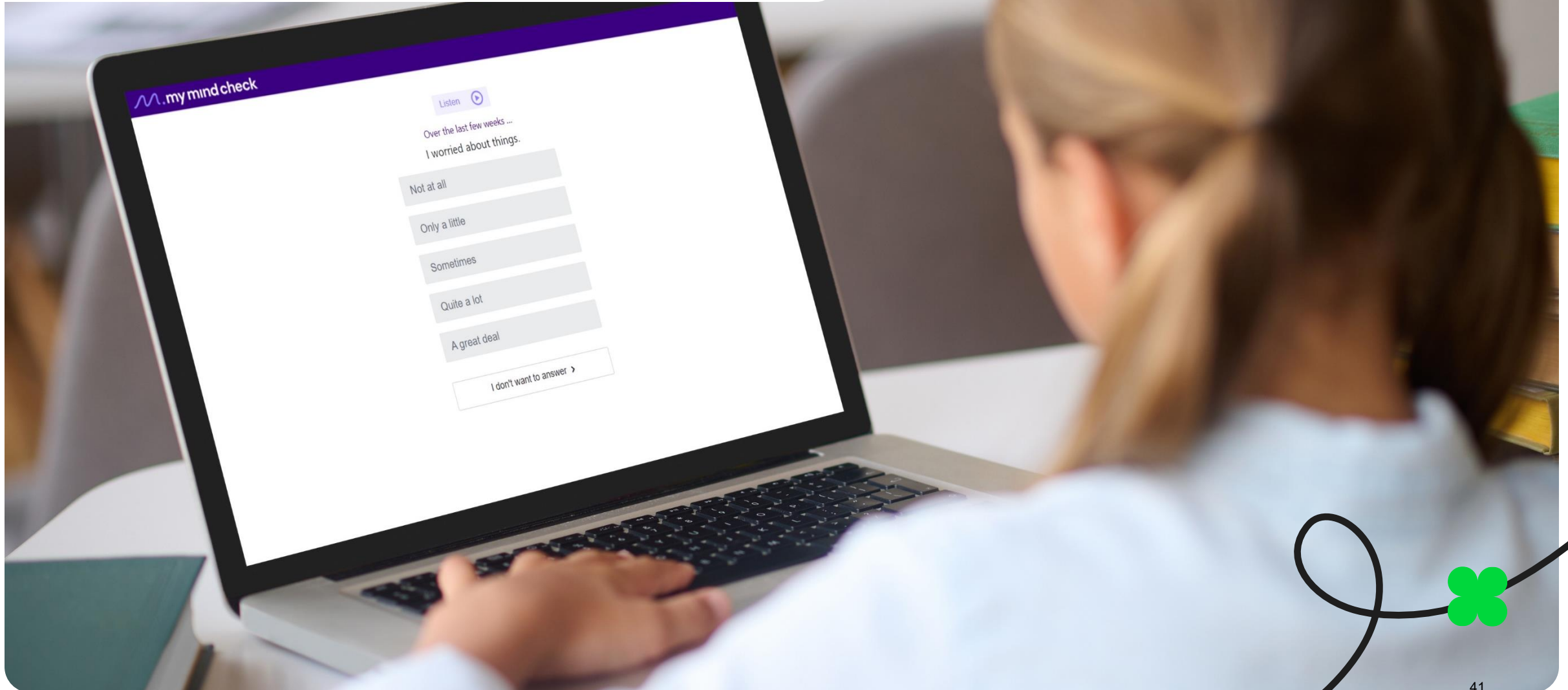
Example Questions



STEP
02

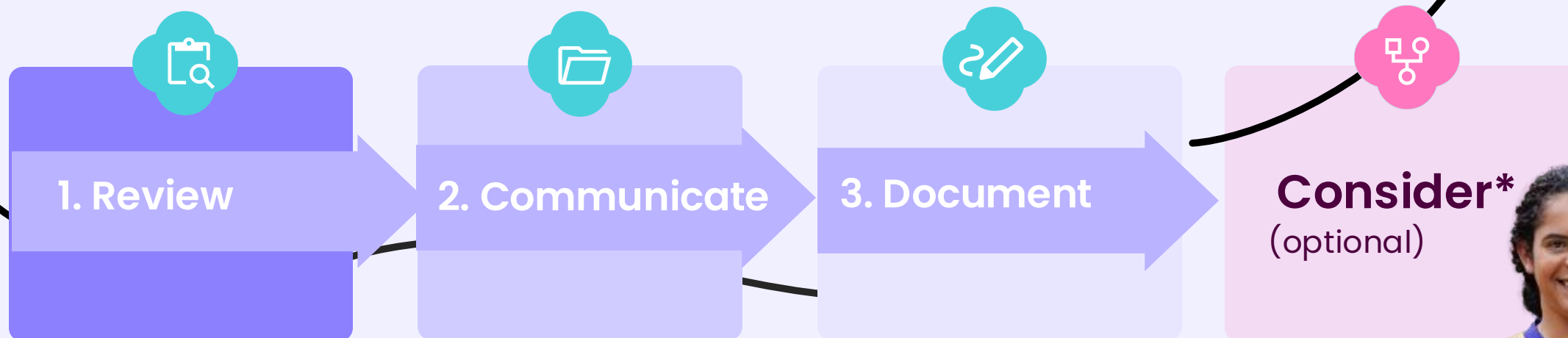
Year 4 – Year 12

Example Questions



Respond (post check-in)

Once a check-in has been completed, school staff are provided with a **clear and simple stepped process** to assist communicating check-in outcomes to students and caregivers.



* Resources provided by My Mind Check aim to assist schools but must be used in alignment with the privacy and health requirements of your state or territory, as well as those specific to your school.

STEP
03

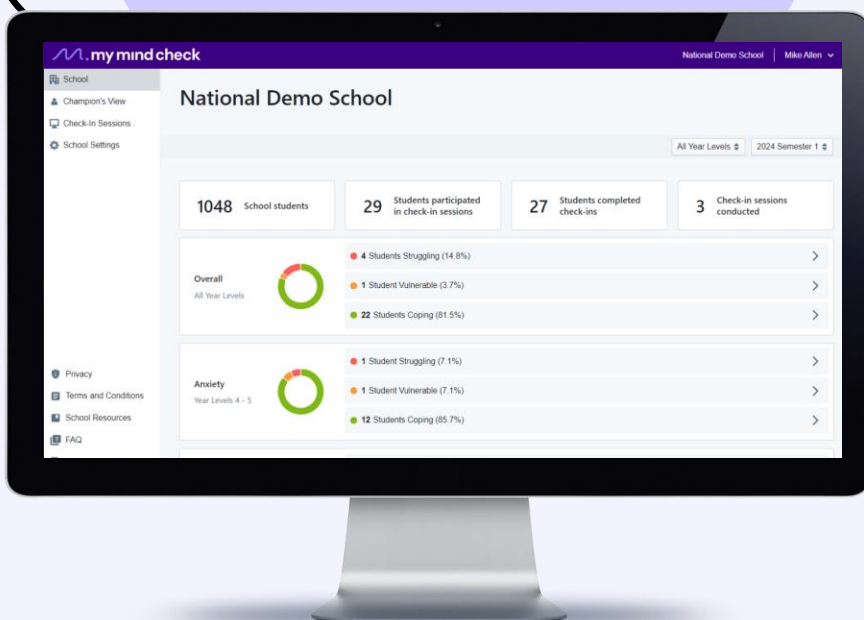
Respond

School and student insights

School and student outcomes are displayed instantly in the school portal dashboard.
A simple traffic light system indicates mental health and wellbeing check-in results.

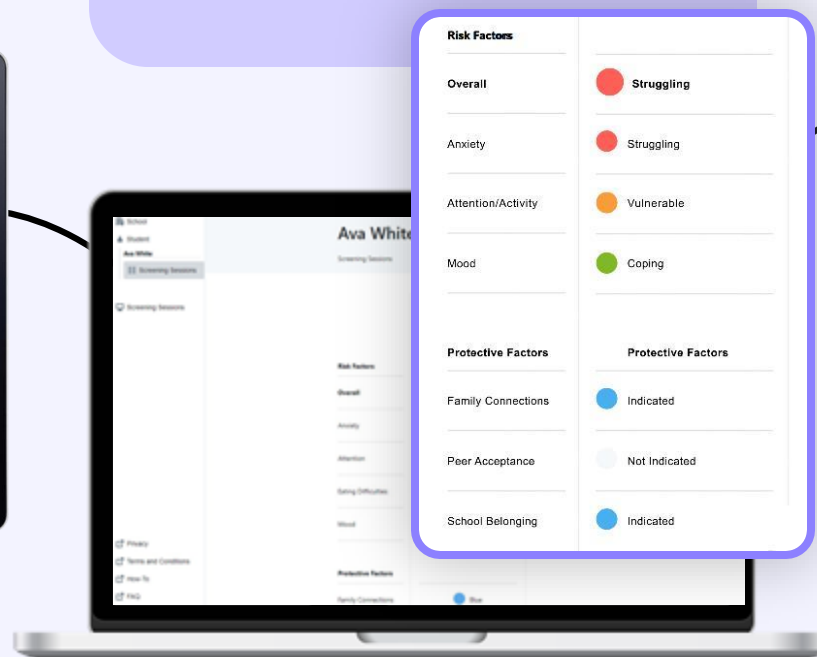
Whole school insights

View whole school and year level insights via the dashboard.



Student insights

View real-time individual student insights using a simple traffic light system.

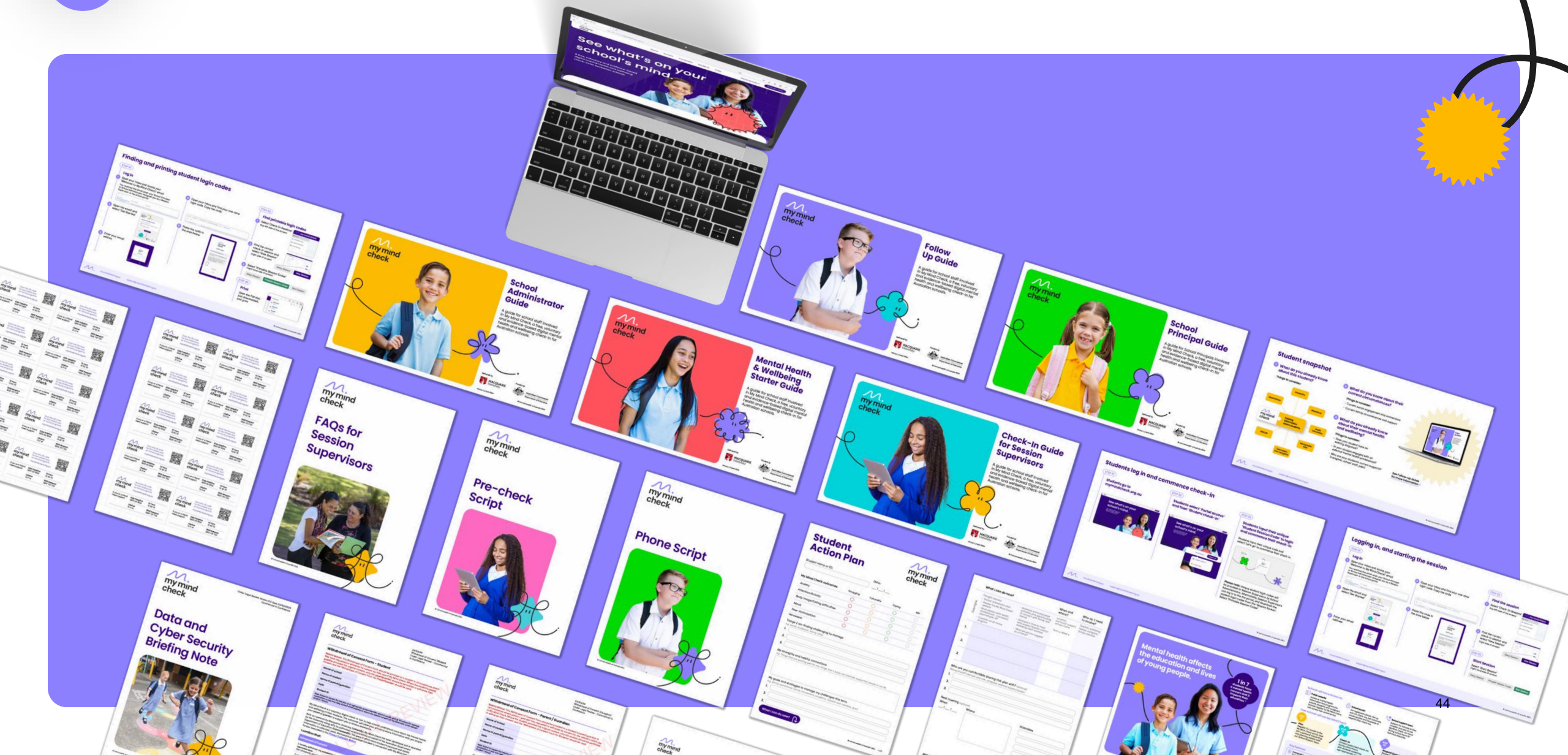


Staff follow-up process

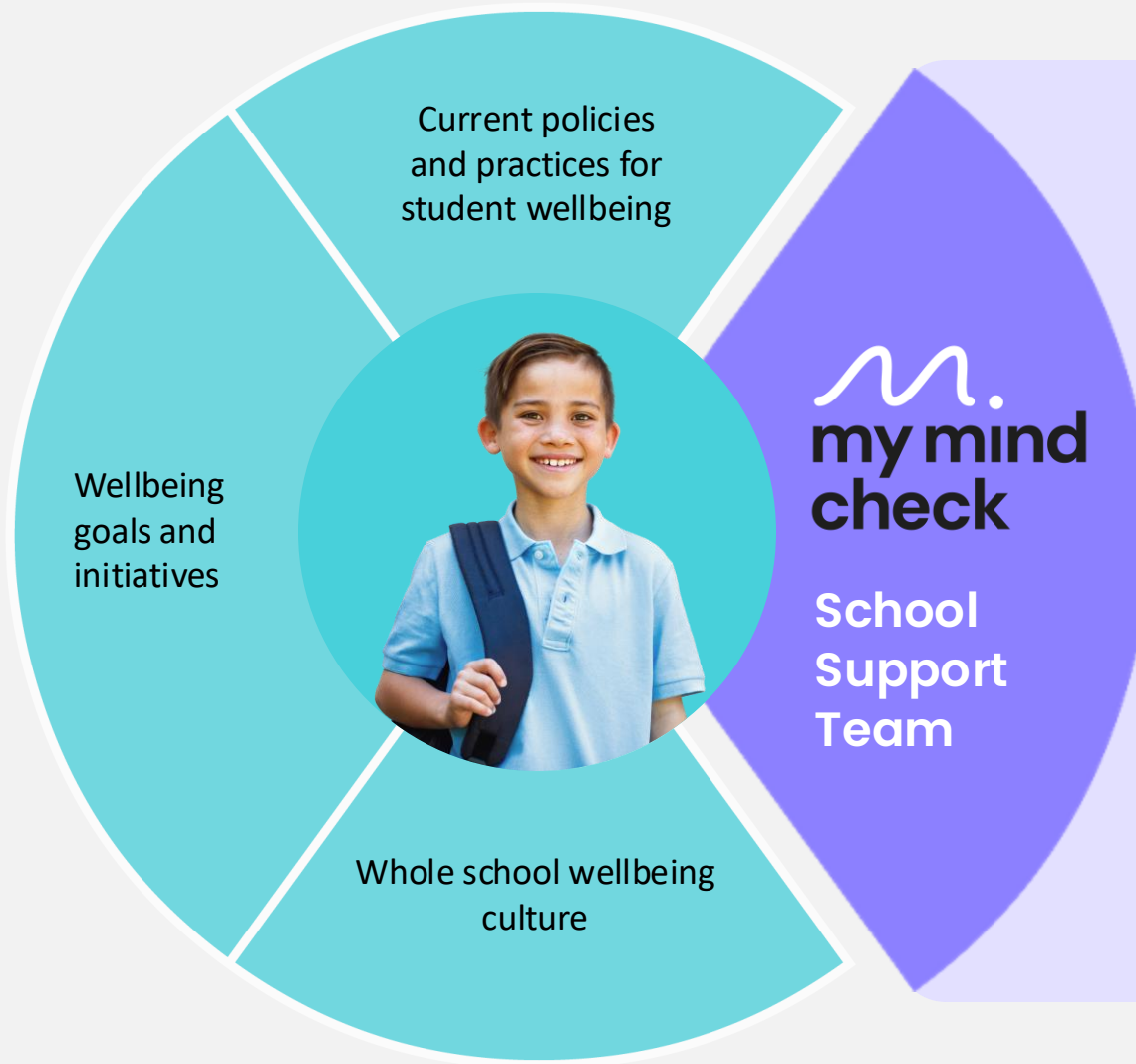
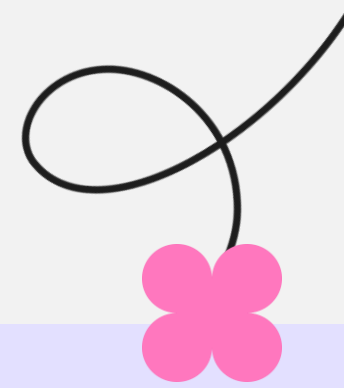
School staff then receive a follow-up guide for each student, with resource information at their fingertips, helping communicate outcomes effectively.

The staff follow-up guide for Brandy Zottoli includes the following sections:

- Check-in Date:** 14th May 2024
- Check-in Status:** Completed
- Overall My Mind Check Outcome:** Struggling
- Review:** After reviewing your student's outcomes, consider the following resources:
 - Review consent permissions
 - Student Snapshot. Consider if student outcomes are consistent with what you already know. [Open Link](#)
- Communicate - Initial Feedback:** Initial communication about student outcomes can be completed using:
 - Copy Student Communication to Clipboard
 - Copy Caregiver Communication to Clipboard
- Communicate - Discussions (Optional):** Communicate student outcomes involving a discussion. The following resources may assist:
 - Mental Health and Wellbeing Starter Guide. [Open Link](#)
 - Caregivers phone script. [Open Link](#)
 - Student Action Plan. [Open Link](#)
 - My Mind check website (for at-home programs). [Open Link](#)
- Document:** Document what you have observed and communicated following a student check-in.
 - Record of written communications and discussions. [Open Link](#)
- Consider (Optional):** Schools can consider the below optional follow-up steps:
 - Consider conducting student observations using the Betou BETLS Observation tool (behaviour, emotions, thoughts, learning and social relationships). [Open Link](#)
 - For Anxiety related in-school program information for targeted and universal programs. [Open Link](#)



Considerations for your school



Which domain pack(s)?

- Core domains and additional domains

Timing?

- Existing programs and special events (e.g., wellbeing days, tutor-group sessions, library sessions)

Who?

- Year group(s)
- School staff to champion My Mind Check at your school

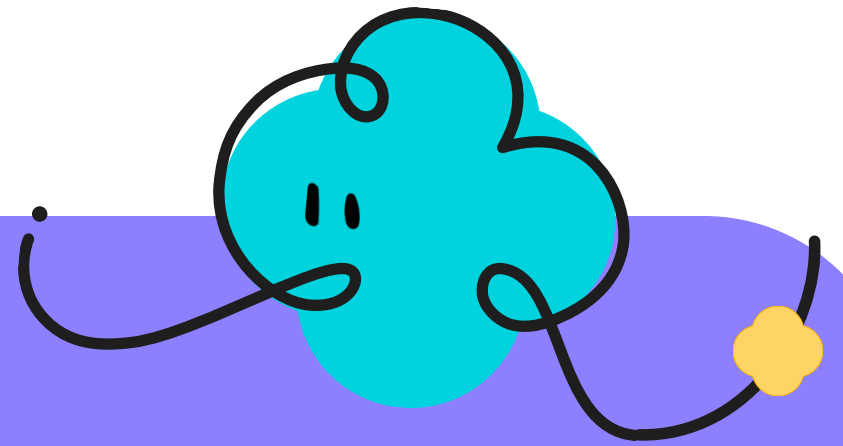
Sharing My Mind Check with your school's decision makers and wellbeing team

Supporting schools to understand student mental health and wellbeing



I like that this can address the invisible workload of teachers in supporting student wellbeing.

High School Teacher



Ready to sign up or want more information?

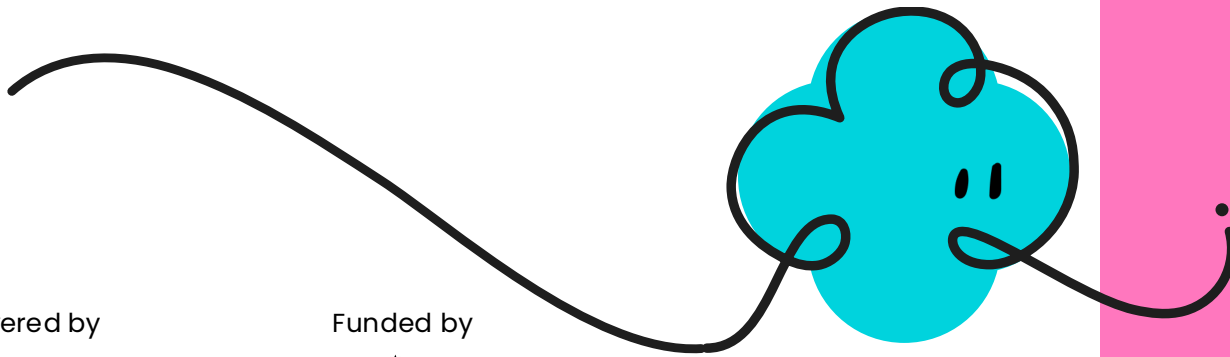


- ▶ mymindcheck.org.au
- ▶ info@mymindcheck.org.au



Discover My Mind Check

Built for Australian schools



Delivered by



MACQUARIE
University
SYDNEY • AUSTRALIA

Funded by



Australian Government
Department of Education

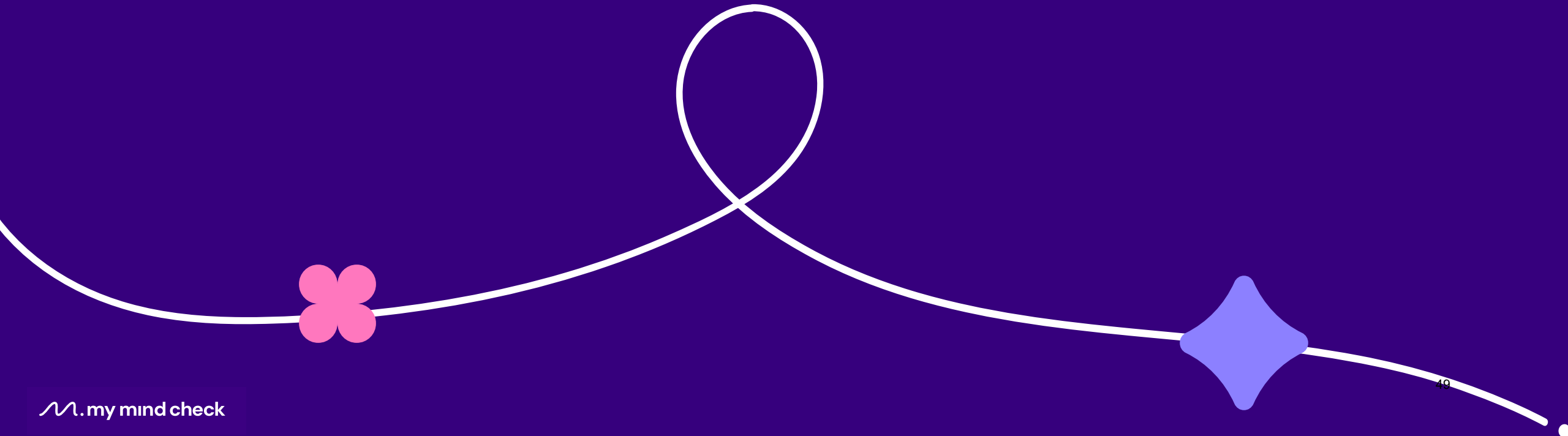


Acknowledgement of Country



Artist: Makinti Napanangka (c.1930-2011)
Lupulunga: Kungka Kutjara, Tali, Rockholes and Hairskirt Dreaming 2006.
Donated through the Australian Government's Cultural Gifts Program

We Have a Challenge in Our Schools...

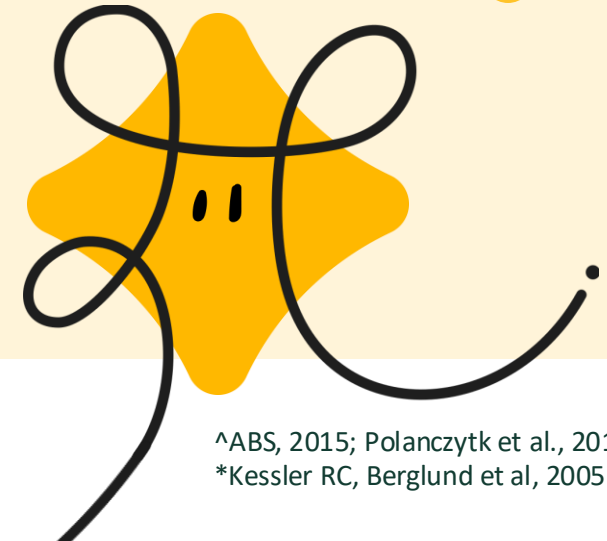


Mental health is a critical issue for our youth

- * Mental illness is common and often presents **before the age of 14***.
- * **27%** primary school and **36%** high school students report high levels of anxiety, depression or both (Uni. Adelaide 2023).
- * By Year 9, students with mental health concerns **are approximately 2 years behind** their peers academically^.
- * **School refusal levels are high**, estimated around 38% (ABC four corners).

'Schools have a key role to play in supporting student mental health'

Productivity Commission Inquiry into Mental Health



Australian Government

Student Mental Health Strategy

Funded by



Australian Government
Department of Education

The Australian Government is implementing **The Student Wellbeing Boost** to support our children's mental health.

Delivered by



MACQUARIE
University
SYDNEY · AUSTRALIA

Macquarie University has been engaged to deliver part 2 of the Boost; **My Mind Check**.

Mental health and wellbeing check-in tool

Free
and
voluntary

Built for Australian
schools with school
staff in mind.



For Schools

My Mind Check gives schools **proactive information** about their students, direct from students.

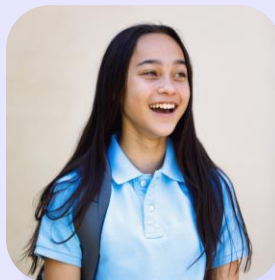
This tool will allow schools to make **data-driven decisions** using a quality, evidence-based tool.



For Caregivers

Allows **sharing of outcomes and information** with caregivers.

Promotes conversations about mental health in the home and **collaboration with the school** in support of the student.



For Students

Gives **students a voice** for their own mental health and helps normalise mental health conversations.

Students can **reflect**, get **information** and consider **early support systems** for their mental health.

Key Components



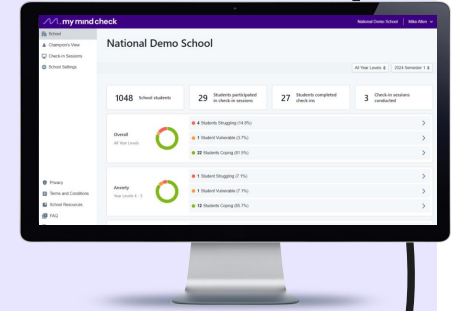
Website

The central location for schools, students and caregivers to access the school portal and obtain curated information and programs.



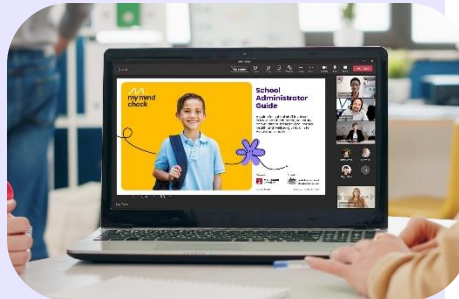
School portal

Gives schools real-time student and whole school insights. Conduct check-ins and respond to students and caregivers.



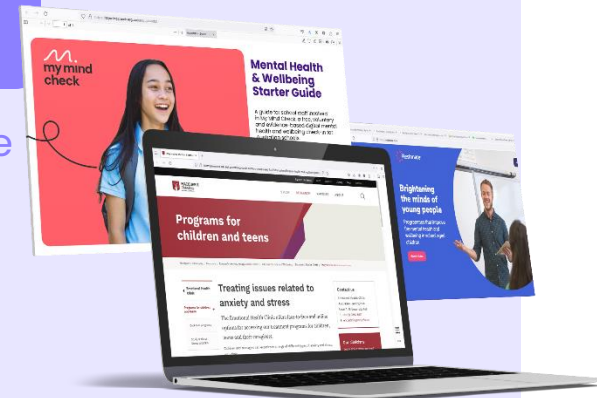
School Support Team

Your initial set-up and technical support will be as unified as possible with our school support team. Available weekdays 8am – 4pm.

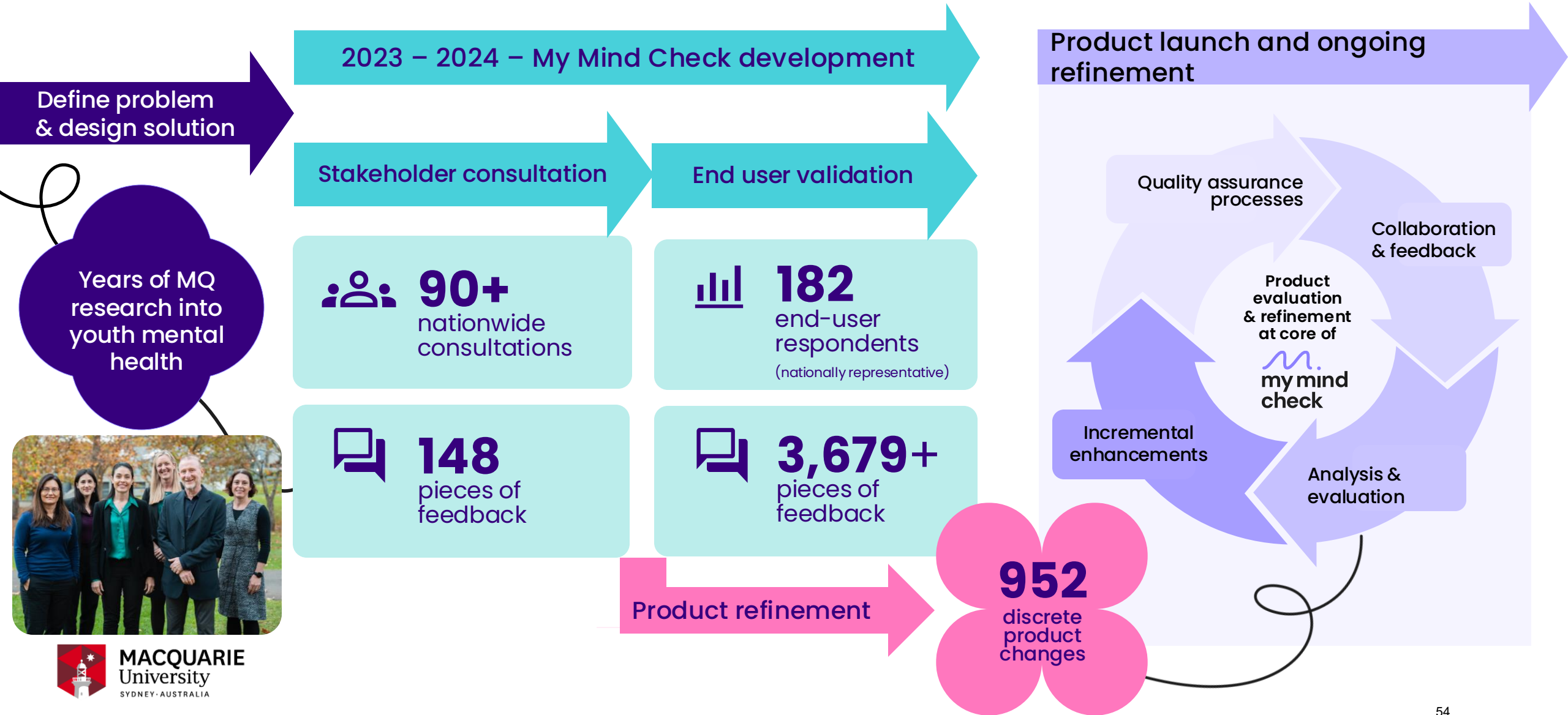


Curated Resource Hub

Schools access an extensive range of expertly curated guides and external resources.



Robust & Evidence Based Product



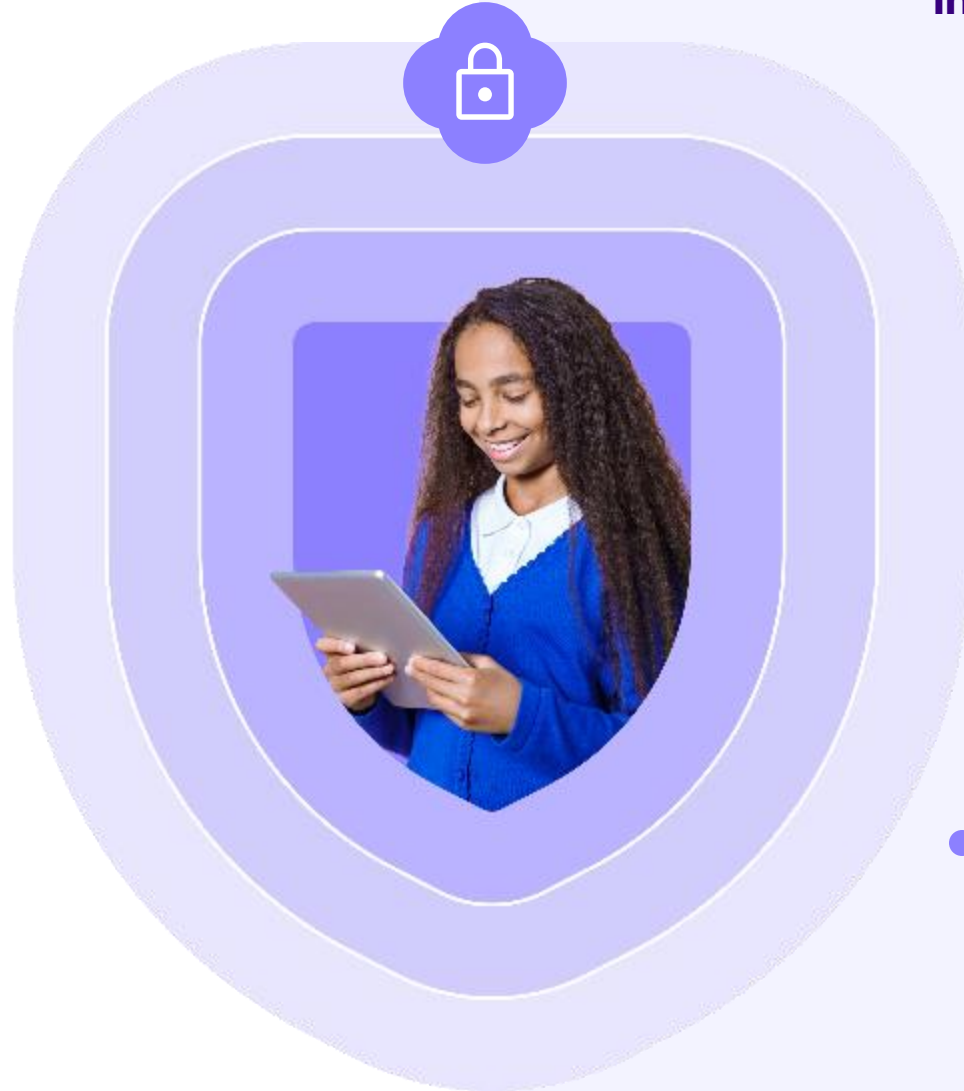
Data security and privacy

Secure data handling

My Mind Check adheres to **Commonwealth standards** of cyber security and privacy.

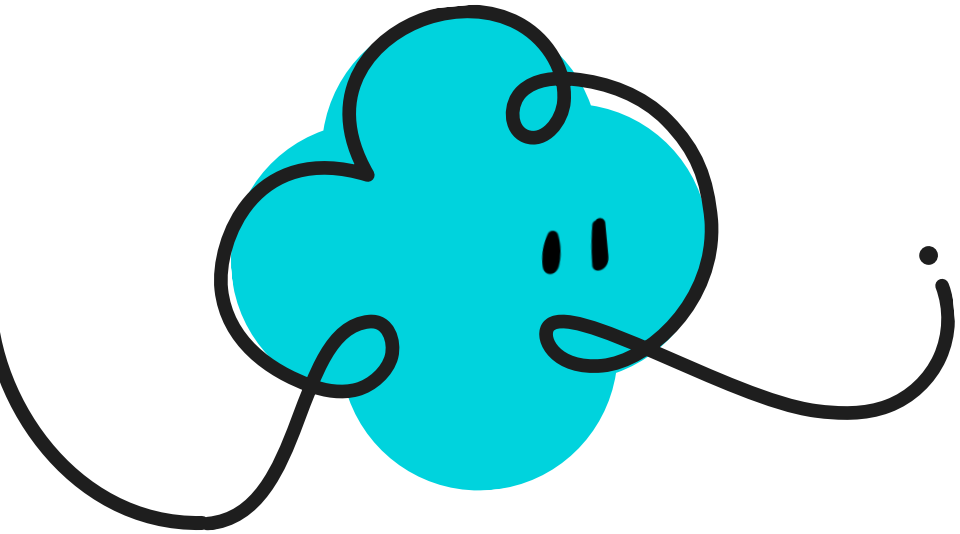
Our handling processes are **supported by independent security evaluation and testing.**

All data is **encrypted** and **stored in Australia.**



- Collect as **little personal information** as possible
- Access to student outcomes only available to **authorised staff**
- Utilise **data encryption** and login authentication
- Clear information **about who may access information** and for what purpose
- Commonwealth (and state/territory departments) only access **uptake and usability information**
- Macquarie University accesses de-identified data for quality assurance, service improvement and research publication

How Your School Will Use My Mind Check



How schools will use My Mind Check

STEP
01

Plan

Our **School Support Team** will work with you to create a tailored plan of how your school will use My Mind Check.

We support school staff with simple processes.

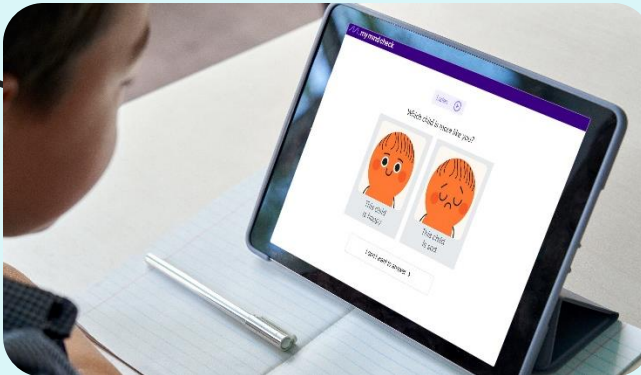


STEP
02

Check-in

Schools set up and conduct supervised **check-ins during school hours**.

- Hold 30-minute sessions, with check-ins taking 10–15 min.
- Flexible scheduling
- Step-by-step guides provided



STEP
03

Respond

Staff review instant outcomes in the portal and are provided with access to our **curated resource hub** to support **student and caregiver communication and actions**.





Foundation – Year 3

Visual presentation of 2 images, students select the option that best reflects them.



Years 4 & 5

Age-appropriate series of questions, with a range of possible answers to be selected.



Years 6-12

Age-appropriate series of questions, with a range of possible answers to be selected.

Core Pack

Domain	Foundation to Year 3	Years 4 & 5	Years 6–12
Mental health domains			
Anxiety	✓ *	✓	✓
Attention / Activity	✓ *	✓	✓
Mood	—	—	✓
Protective Factors			
Family Connections	—	✓	✓
School Belonging	✓ *	✓	✓
Peer Acceptance	✓ *	✓	✓

(* measured more broadly for Foundation to Year 3)

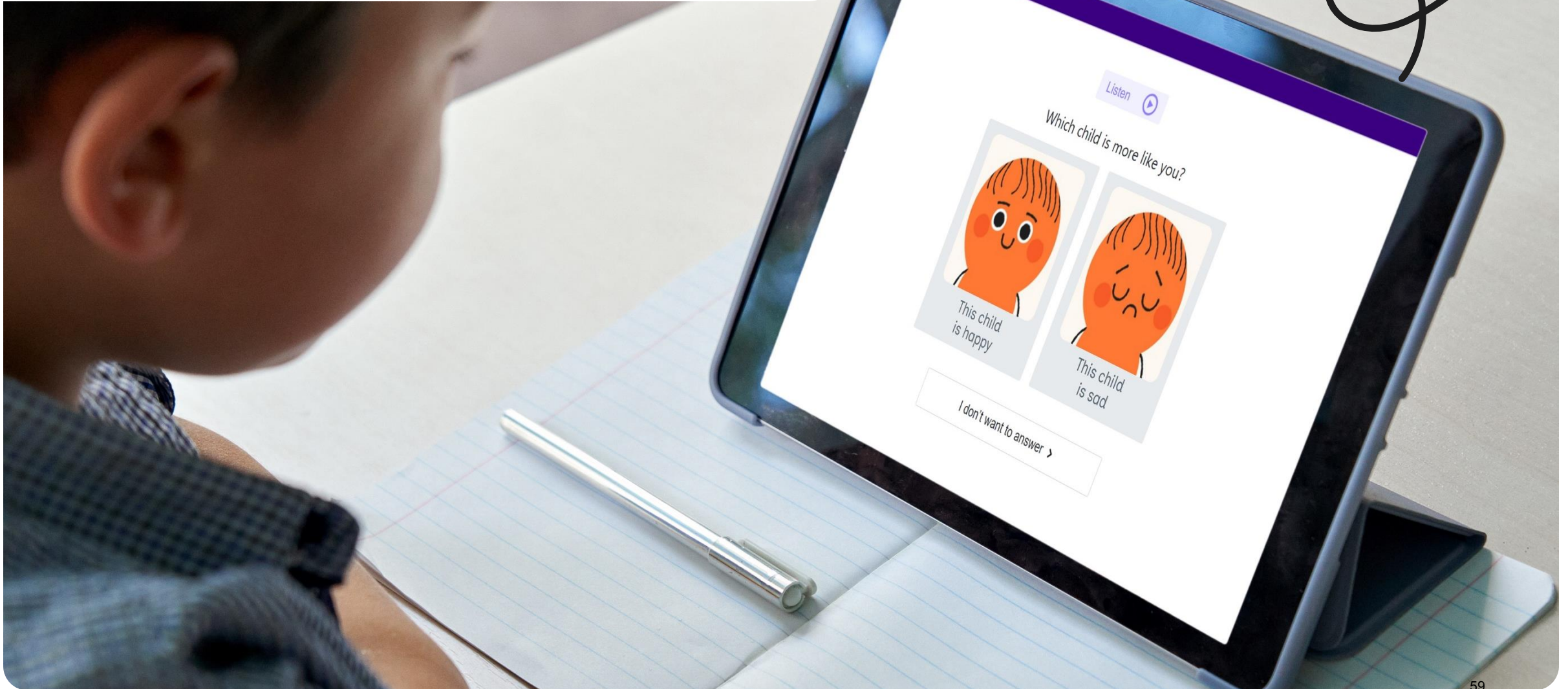


Optional mental health domains	Foundation to Year 3	Years 4 & 5	Years 6–12
Body Image/ Eating Difficulties	—	—	✓
Peer Victimisation	—	✓	✓

STEP
02

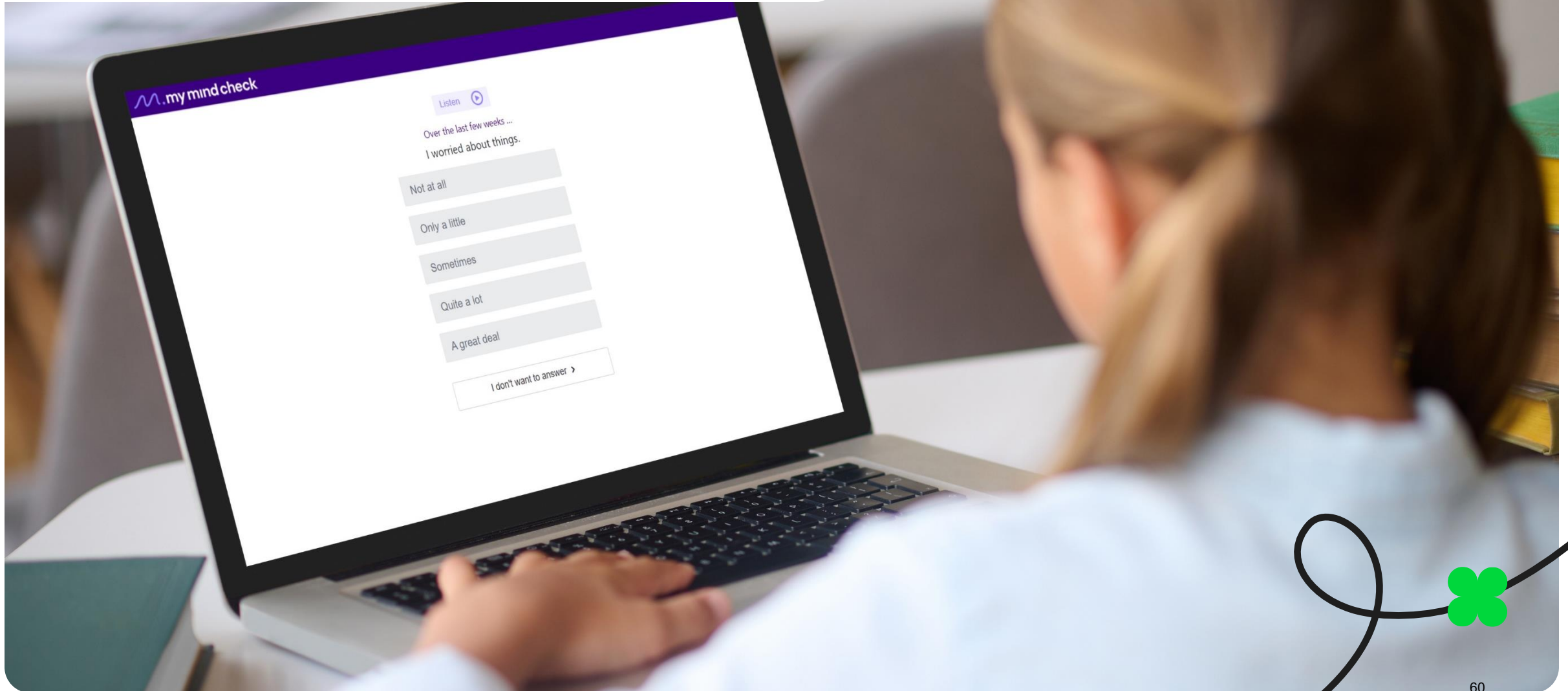
Foundation to Year 3

Example Questions



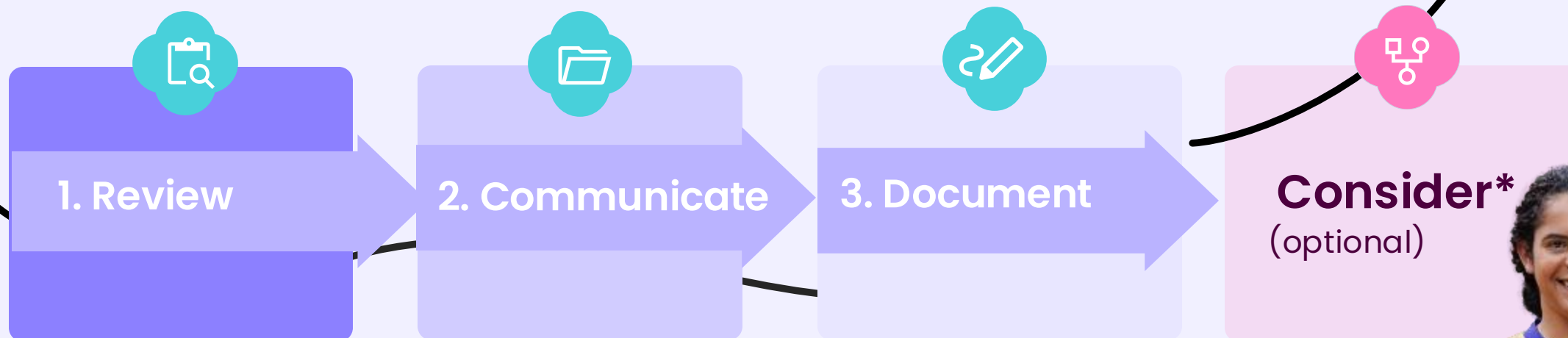
Year 4 – Year 12

Example Questions



Respond (post check-in)

Once a check-in has been completed, school staff are provided with a **clear and simple stepped process** to assist communicating check-in outcomes to students and caregivers.



* Resources provided by My Mind Check aim to assist schools but must be used in alignment with the privacy and health requirements of your state or territory, as well as those specific to your school.

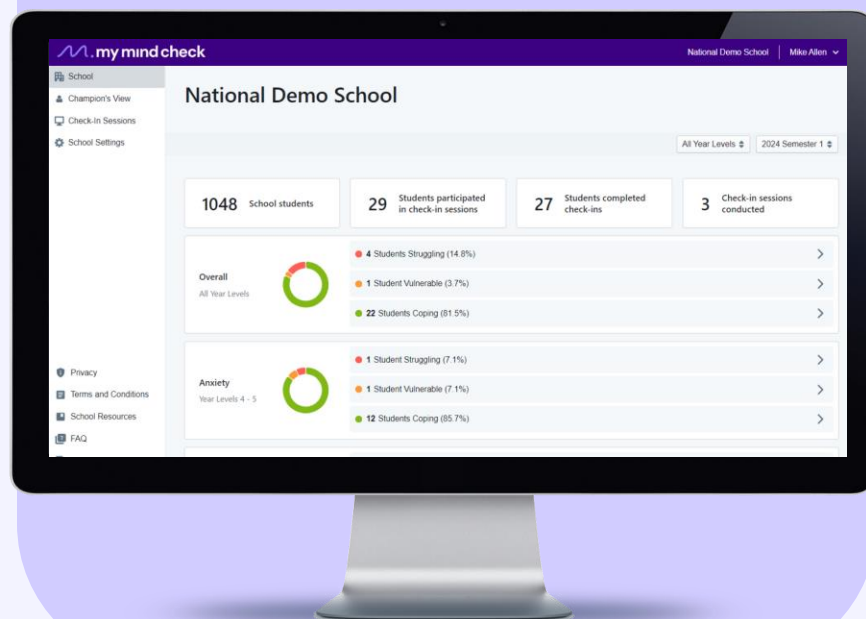
STEP
03

Portal Showcase

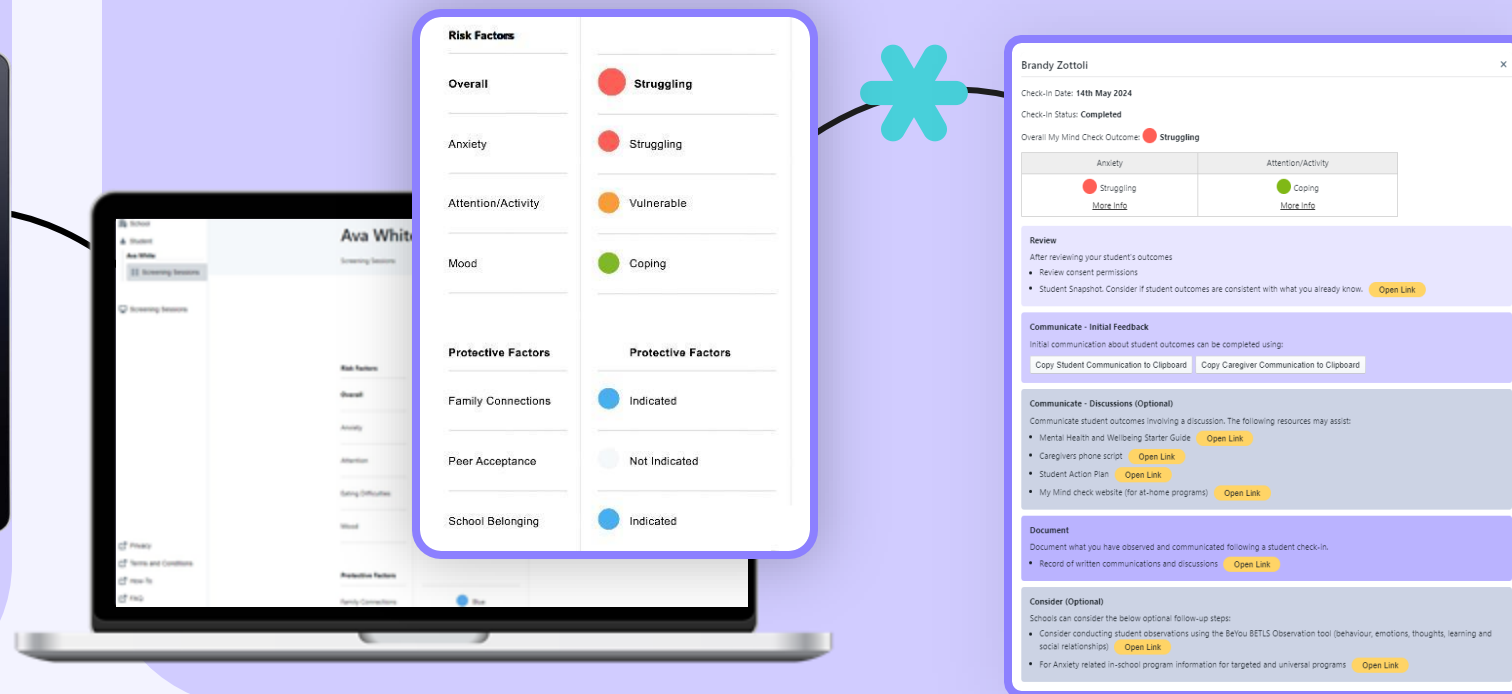
School and student insights

Real-time
student and
whole school
insights.

Whole school insights

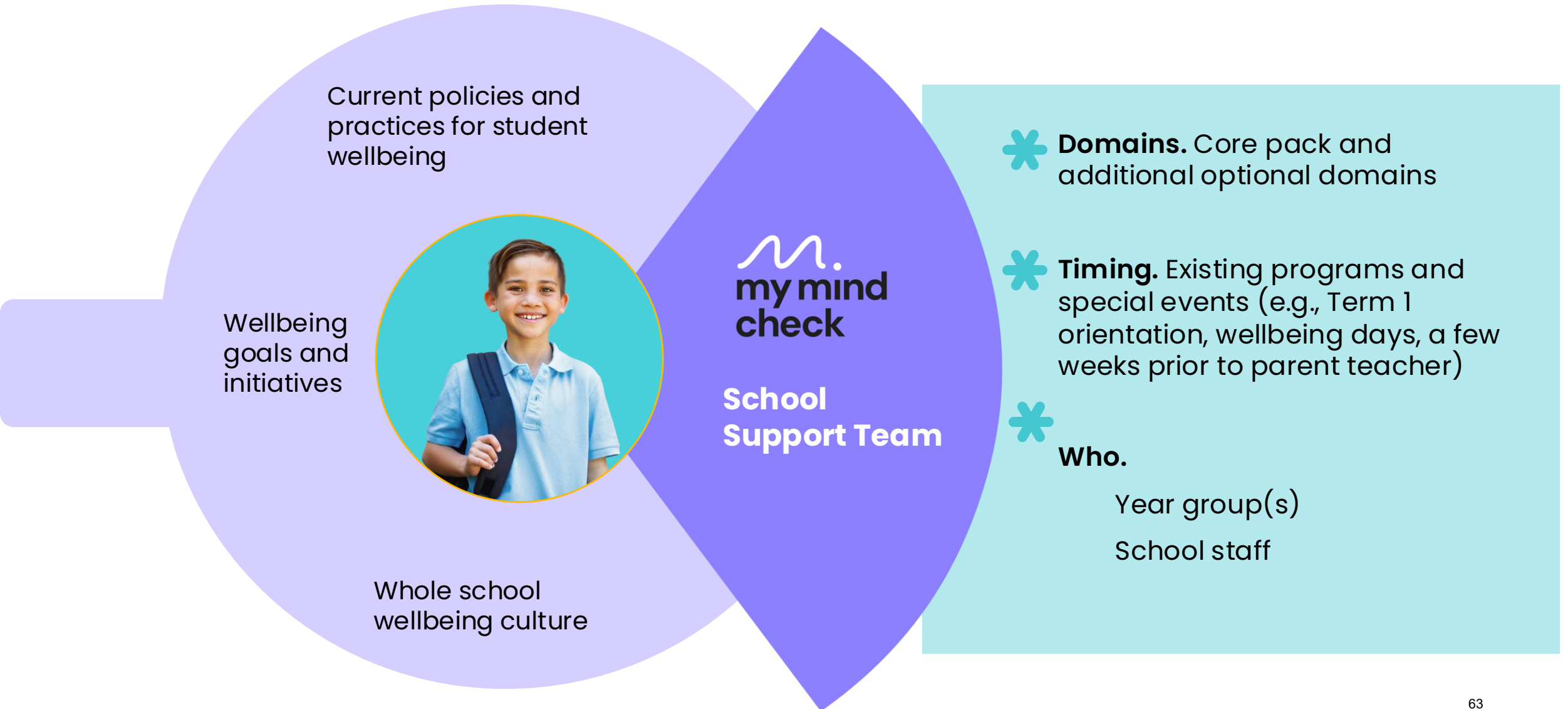


Student insights and staff resources



Illustrative examples

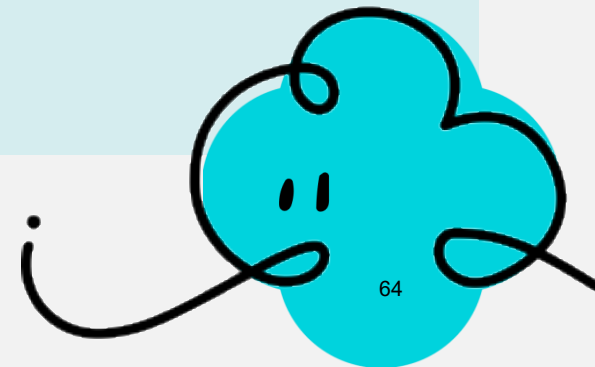
Considerations for your school



- * Easy to interpret **outcomes**
- * Effective **identification** of students not previously identified by staff
- * Providing information and data that gives staff **confidence**
- * Facilitates **rich conversations** with students and caregivers
- * **Simple** to set up, run check ins and follow up with students/caregivers
- * **Practical** and **relevant** resources to support staff with various levels of wellbeing experience

'One girl came into my office and said thank you so much for checking in, it really made me want to do something about my anxiety and I'm now getting some help.'

Head of Wellbeing



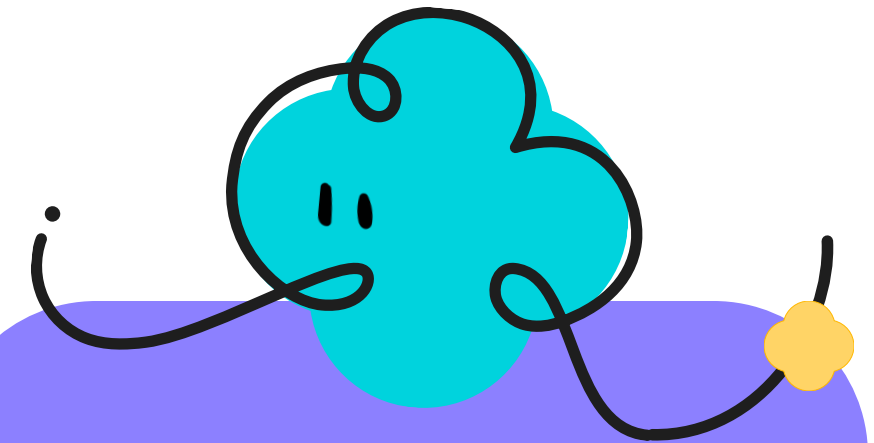
Supporting schools to understand student mental health and wellbeing



...‘nothing that will have more impact on improved mental health outcomes... than **early intervention**.

Investing in the wellbeing of children and their families will have radiating benefits....’

National Children’s Mental Health and Wellbeing strategy



Ready to sign up or want more information?



▶ mymindcheck.org.au
▶ info@mymindcheck.org.au



My Mind Check Introduction

Delivered by

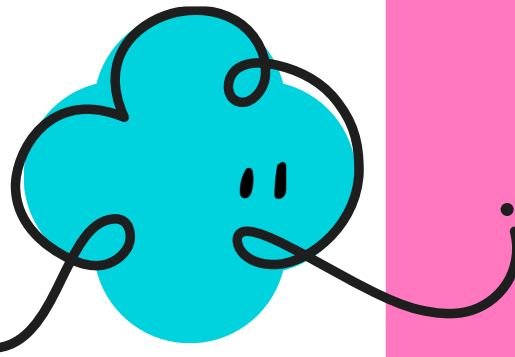


MACQUARIE
University
SYDNEY • AUSTRALIA

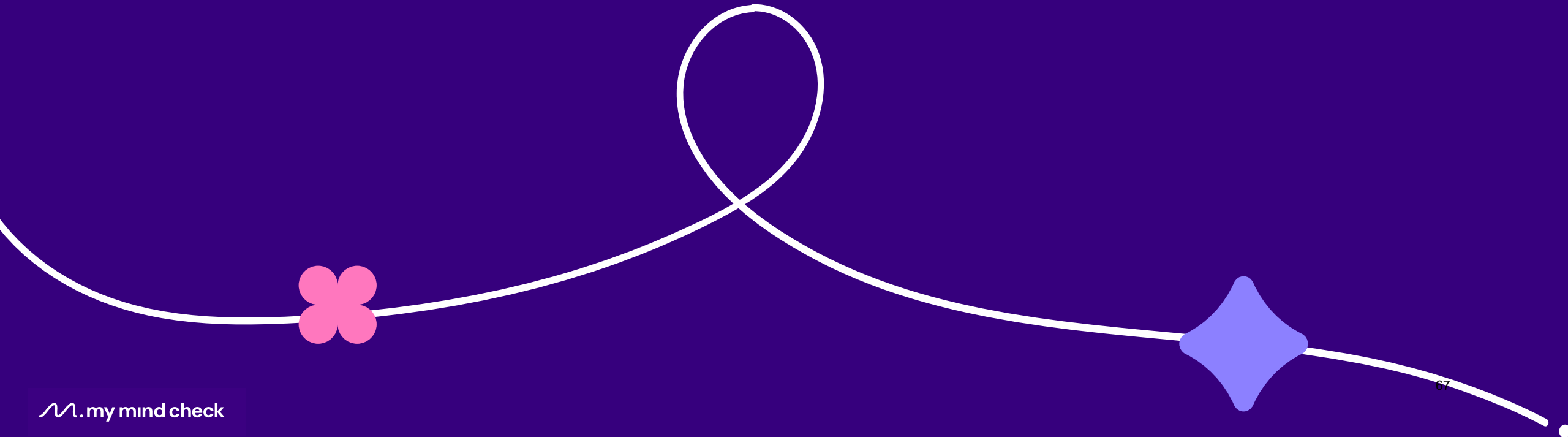
Funded by



Australian Government
Department of Education



We Have a Challenge in Our Schools...



Mental health is a critical issue for our youth



Common.
Affects 14%* (avg)
of youth



By Grade 9...
**two years behind
academically[^].**



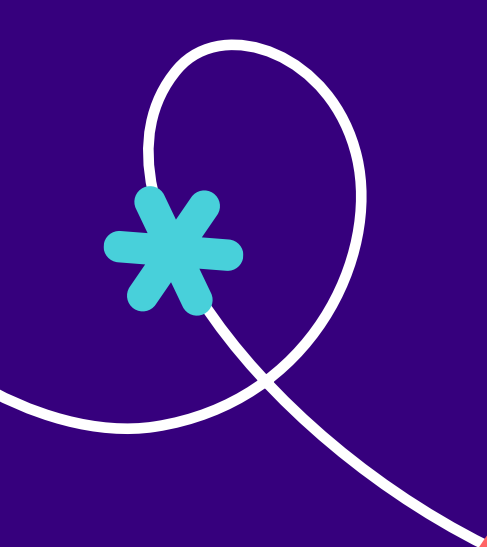
Occurs early.
50% before age 14.**




*'Schools have a
key role to play in
supporting student
mental health.'*#



*On average **Kessler RC, Berglund et al, 2005
^ABS, 2015; Polanczyk et al., 2015
#Productivity Commission Inquiry into Mental Health



**How can schools
understand the
mental health and
wellbeing of their
students?**



Australian Government

Student Mental Health Strategy

Funded by



Australian Government
Department of Education

The Australian Government is implementing **The Student Wellbeing Boost** to support our children's mental health.

Delivered by



MACQUARIE
University
SYDNEY · AUSTRALIA

Macquarie University has been engaged to deliver part 2 of the Boost; **My Mind Check**.



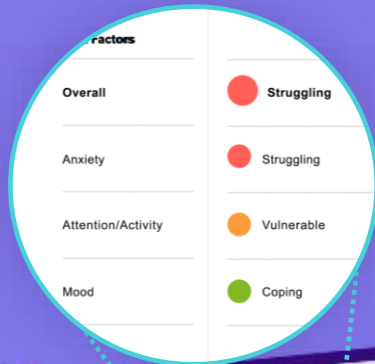
Supporting schools
to understand student mental
health and wellbeing



mymindcheck.org.au
info@mymindcheck.org.au



m.
my mind
check



Free
and
voluntary



My Mind Check is a student mental health and wellbeing check-in for Australian schools



For schools:

Offers proactive, evidence-based indicators about students' mental health risks and protective factors



For caregivers:

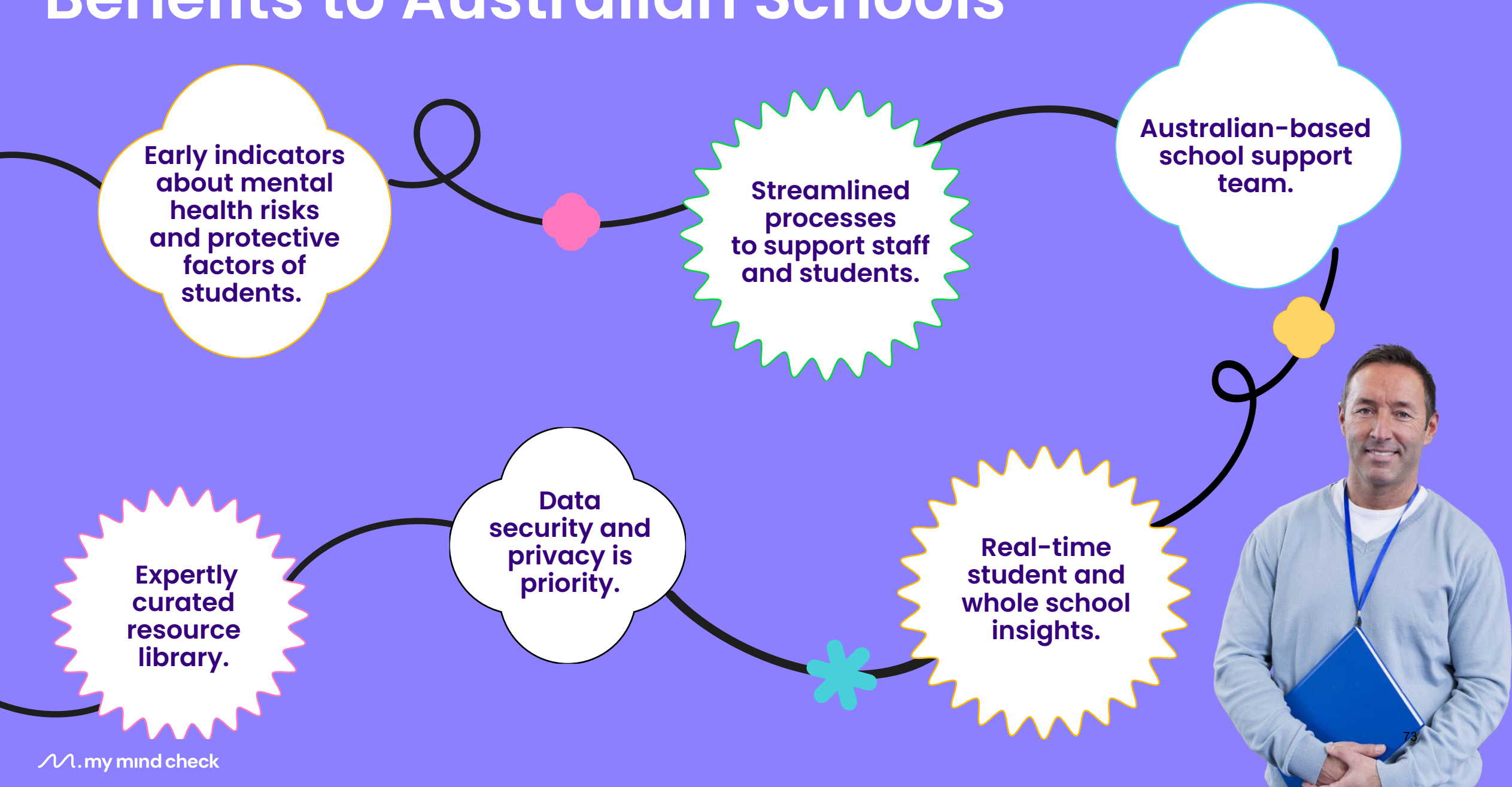
Allows collaboration with the school in support of your student



For students:

Provides each student a voice for their own mental health

Benefits to Australian Schools



Robust product development

Research studies

Years 2000 – 2022

My Mind Check
development

2023 – 2024

Product validation &
refinement

**~14,000
students**
in NSW
(70+ schools)
BEACON
and RADAR

+


90+
nationwide
consultations

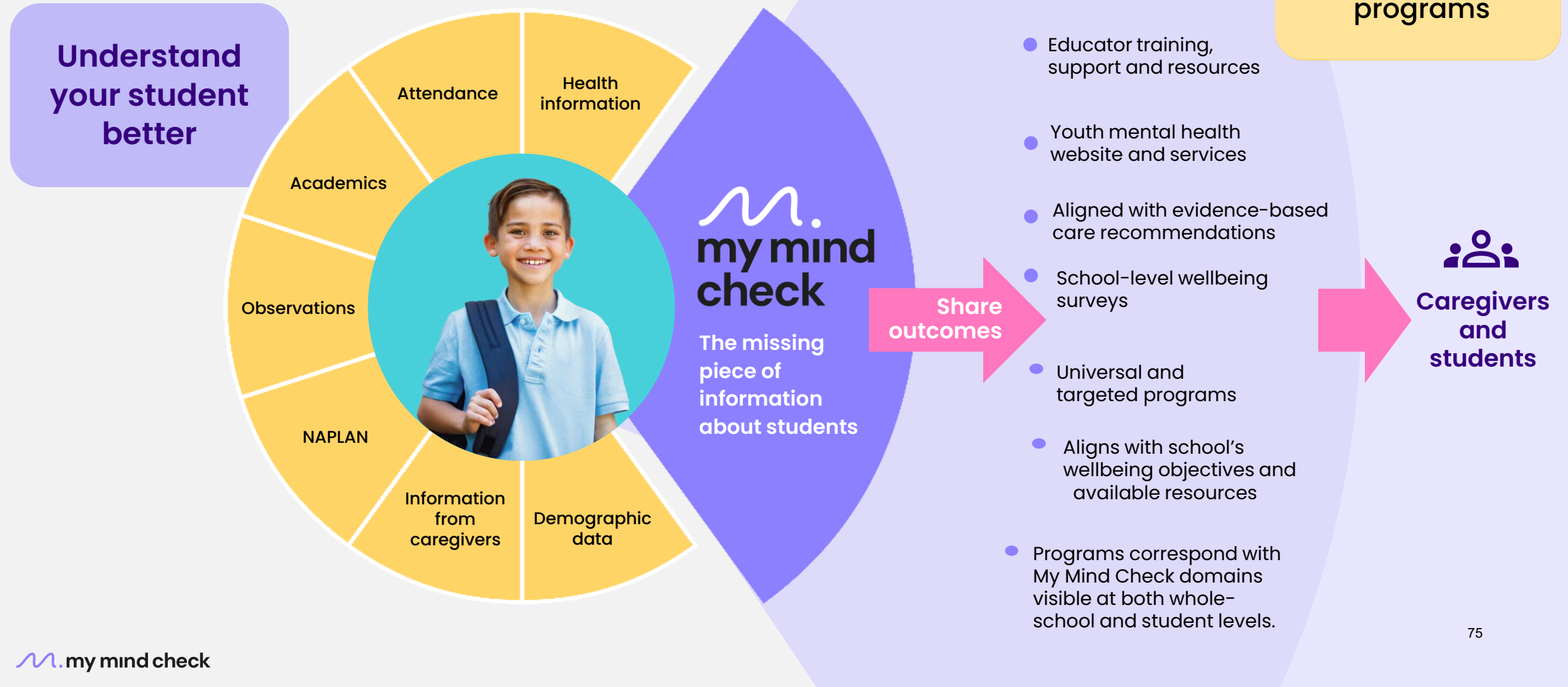
+


182
end-user
respondents
(nationally
representative)

=

99%
end users*
agree it would
be a valuable
tool for schools

My Mind Check fits into the school wellbeing ecosystem



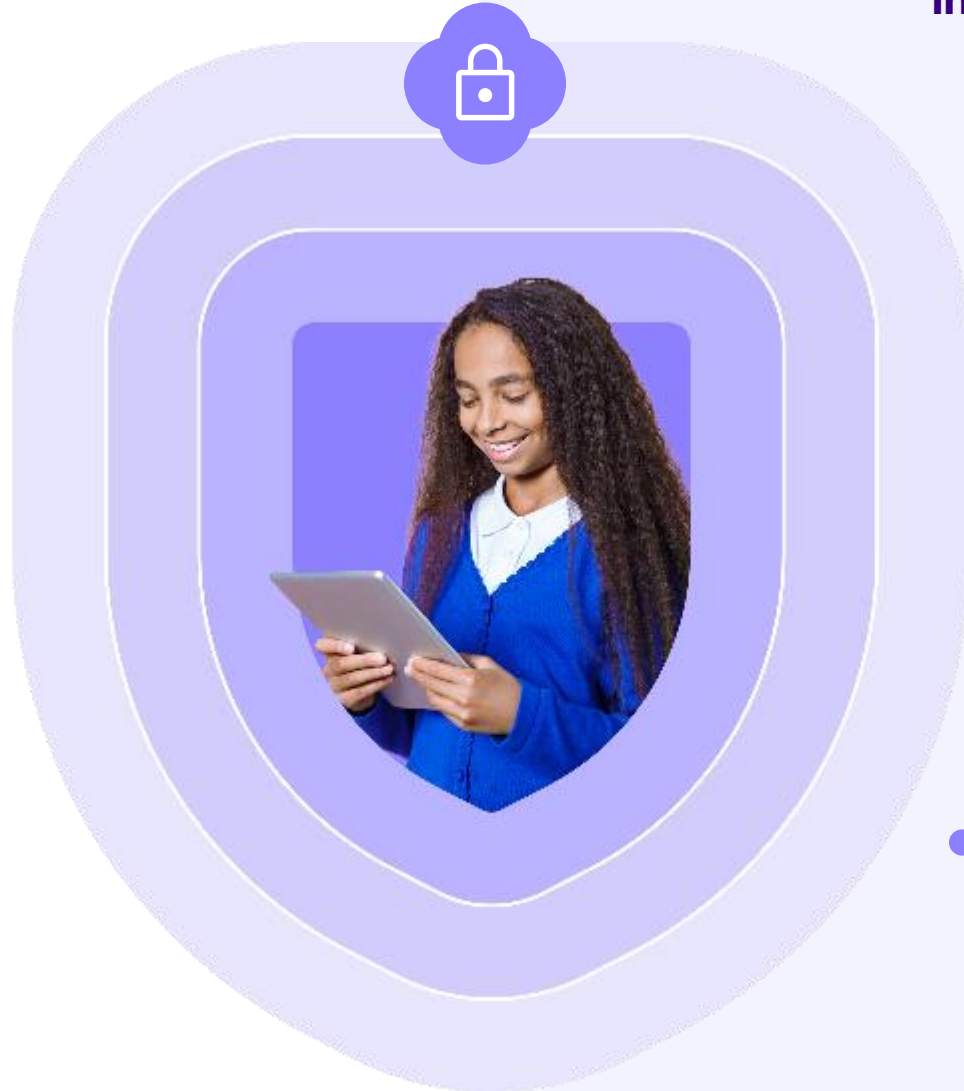
Data security and privacy

Secure data handling

My Mind Check adheres to **Commonwealth standards** of cyber security and privacy.

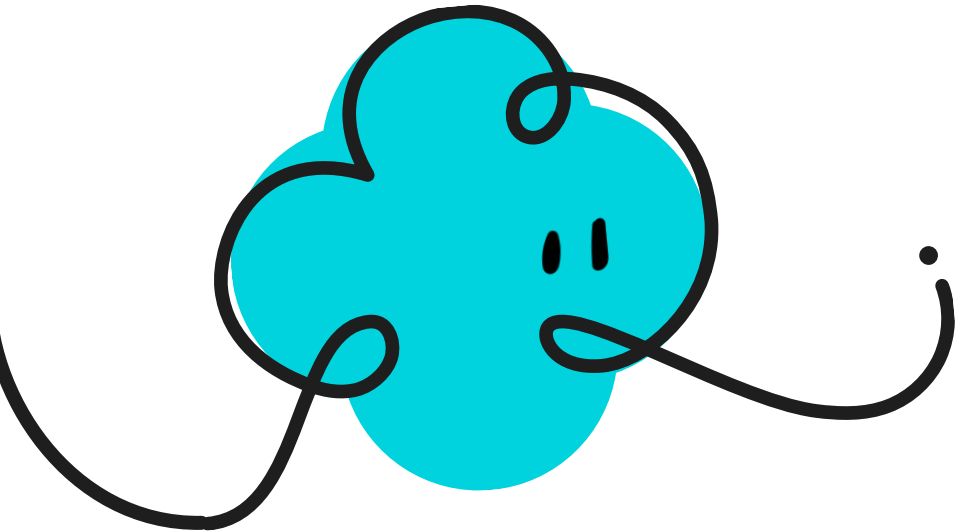
Our handling processes are **supported by independent security evaluation and testing.**

All data is **encrypted** and **stored in Australia.**



- Collect as **little personal information** as possible
- Access to student outcomes only available to **authorised staff**
- Utilise **data encryption** and login authentication
- Clear information **about who may access information** and for what purpose
- Commonwealth (and state/territory departments) only access **uptake and usability information**
- Macquarie University accesses de-identified data for quality assurance, service improvement and research publication

How Schools Will Use My Mind Check



Four key product components



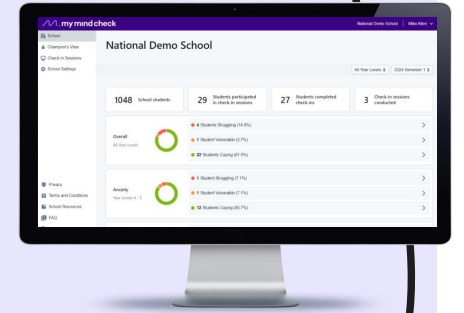
Website

The central location for schools, students and caregivers to access the school portal and obtain curated information and programs.



School portal

Gives schools real-time student and whole school insights. Conduct check-ins and respond to students and caregivers.



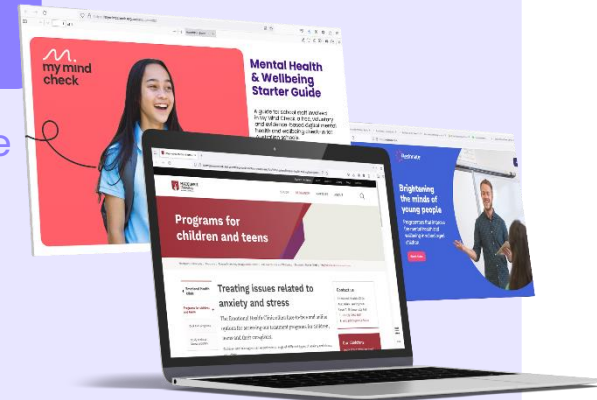
School Support Team

Your initial set-up and technical support will be as unified as possible with our school support team. Available weekdays 8am – 4pm.



Curated Resource Hub

Schools access an extensive range of expertly curated guides and external resources.



How schools will use My Mind Check

STEP 01 Plan

Our **School Support Team** will work with you to create a tailored plan of how your school will use My Mind Check.

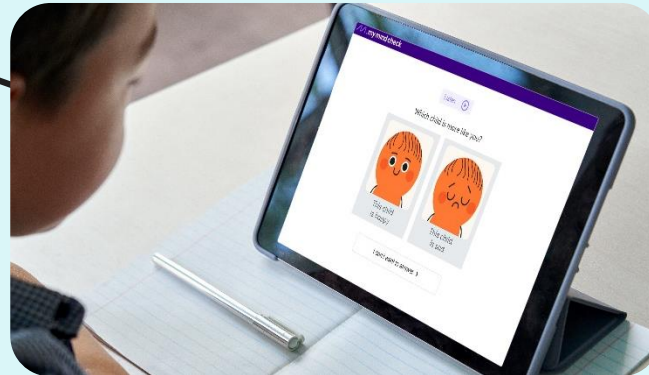
We support school staff with simple processes.



STEP 02 Check-in

Schools set up and conduct supervised **check-ins during school hours**.

- Hold 30-minute sessions, with check-ins taking 10–15 min.
- Flexible scheduling
- Step-by-step guides provided



STEP 03 Respond

Staff review instant outcomes in the portal and are provided with access to our **curated resource hub** to support **student and caregiver communication and actions**.



**Foundation – Year 3**

Visual presentation of 2 images, students select the option that best reflects them.

**Years 4 & 5**

Age appropriate series of questions, with a range of possible answers to be selected.

**Years 6–12**

Age appropriate series of questions, with a range of possible answers to be selected.

Core Pack

Domain

Foundation
to Year 3Years
4 & 5Years
6–12**Mental health domains**

Anxiety

✓*

✓

✓

Attention / Activity

✓*

✓

✓

Mood

—

—

✓

Protective Factors

Family Connections

—

✓

✓

School Belonging

✓*

✓

✓

Peer Acceptance

✓*

✓

✓

(*measured more broadly for Foundation to Year 3)

Optional mental health
domainsFoundation
to Year 3Years
4 & 5Years
6–12Body Image/
Eating Difficulties

—

—

✓

Peer Victimization

—

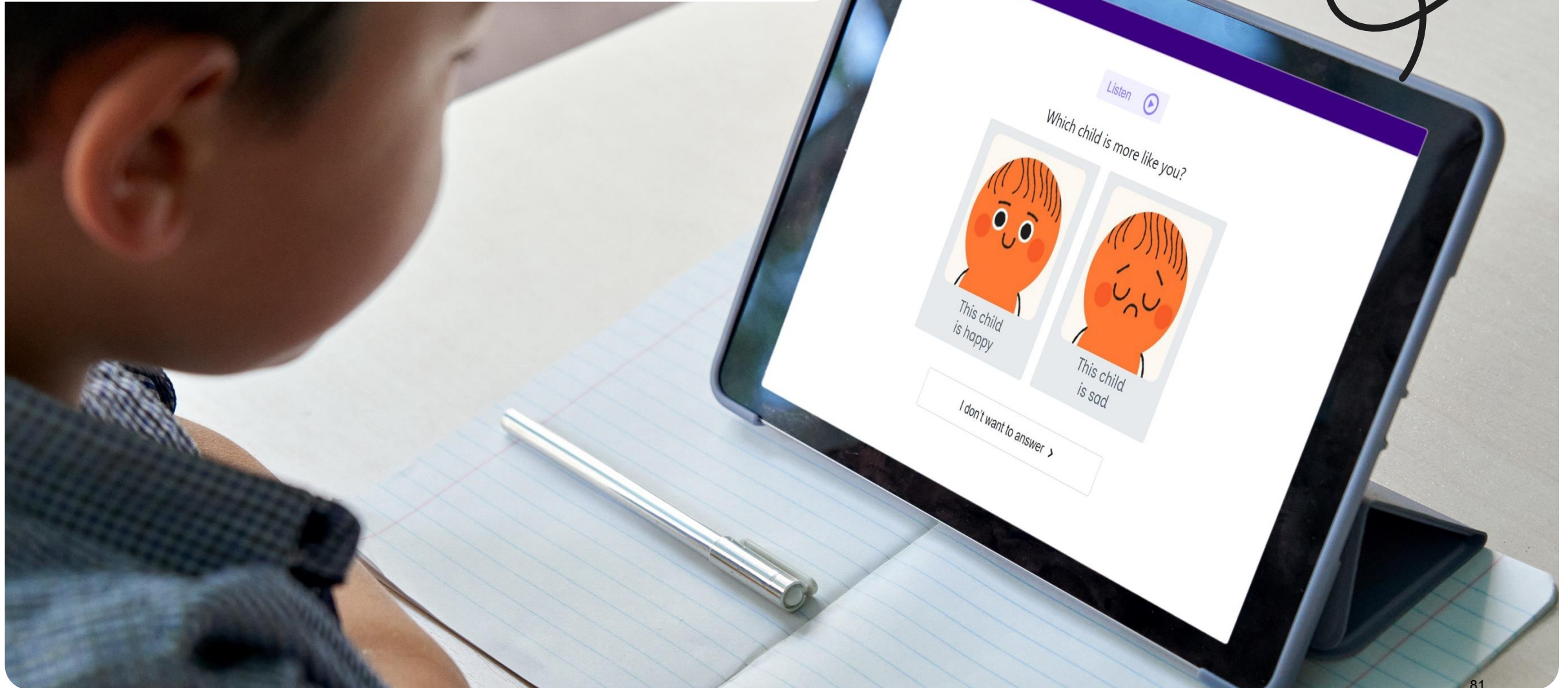
✓

✓

STEP
02

Foundation to Year 3

Example Questions





Foundation – Year 3

Visual presentation of 2 images, students select the option that best reflects them.



Years 4 & 5

Age appropriate series of questions, with a range of possible answers to be selected.



Years 6–12

Age appropriate series of questions, with a range of possible answers to be selected.

Core Pack

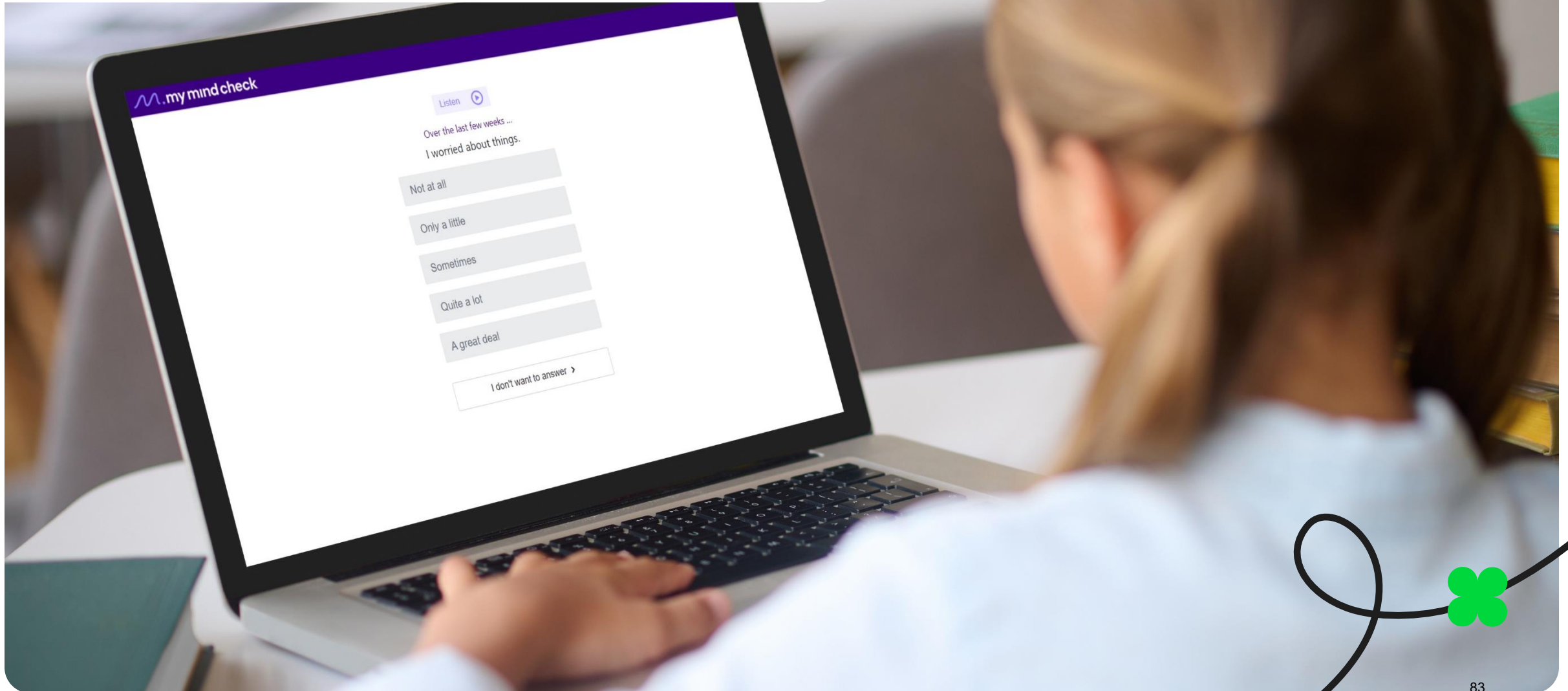
Domain	Foundation to Year 3	Years 4 & 5	Years 6–12
Mental health domains			
Anxiety	✓*	✓	✓
Attention / Activity	✓*	✓	✓
Mood	—	—	✓
Protective Factors			
Family Connections	—	✓	✓
School Belonging	✓*	✓	✓
Peer Acceptance	✓*	✓	✓
(*measured more broadly for Foundation to Year 3)			



Optional mental health domains	Foundation to Year 3	Years 4 & 5	Years 6–12
Body Image/ Eating Difficulties	—	—	✓
Peer Victimisation	—	✓	✓

Year 4 – Year 12

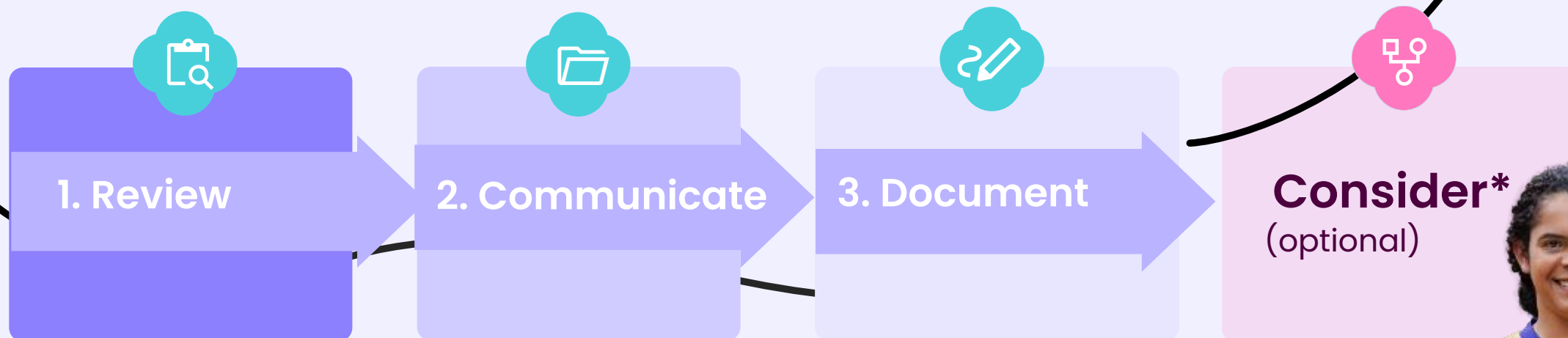
Example Questions



STEP
03

Respond (post check-in)

Once a check-in has been completed, school staff are provided with a **clear and simple stepped process** to assist communicating check-in outcomes to students and caregivers.



* Resources provided by My Mind Check aim to assist schools but must be used in alignment with the privacy and health requirements of your state or territory, as well as those specific to your school.

STEP
03

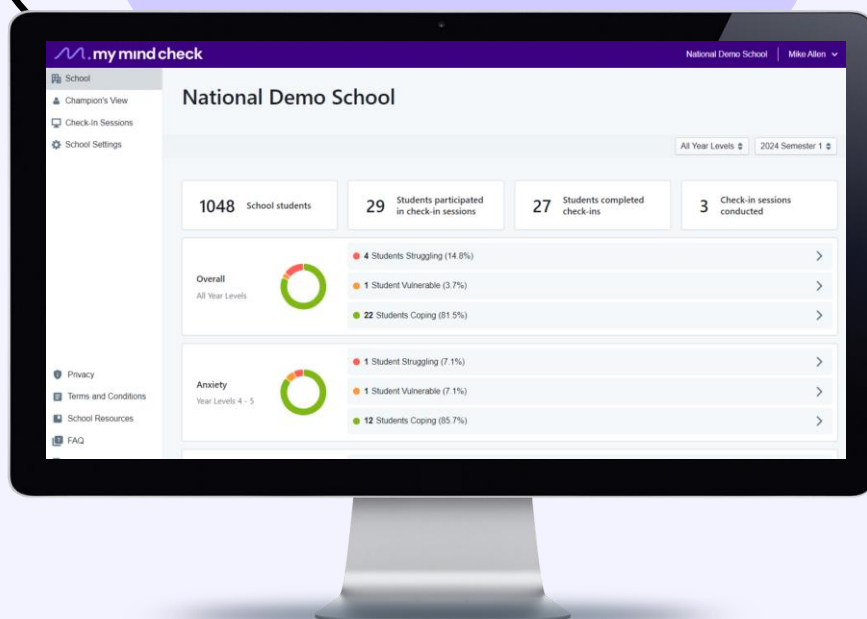
Respond

School and student insights

School and student outcomes are displayed instantly in the school portal dashboard.
A simple traffic light system indicates mental health and wellbeing check-in results.

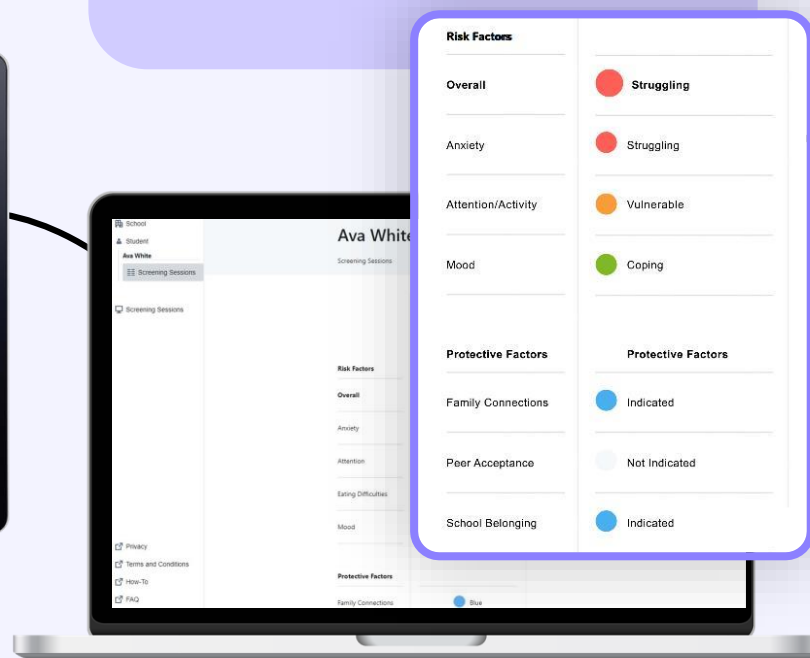
Whole school insights

View whole school and year level insights via the dashboard.



Student insights

View real-time individual student insights using a simple traffic light system.

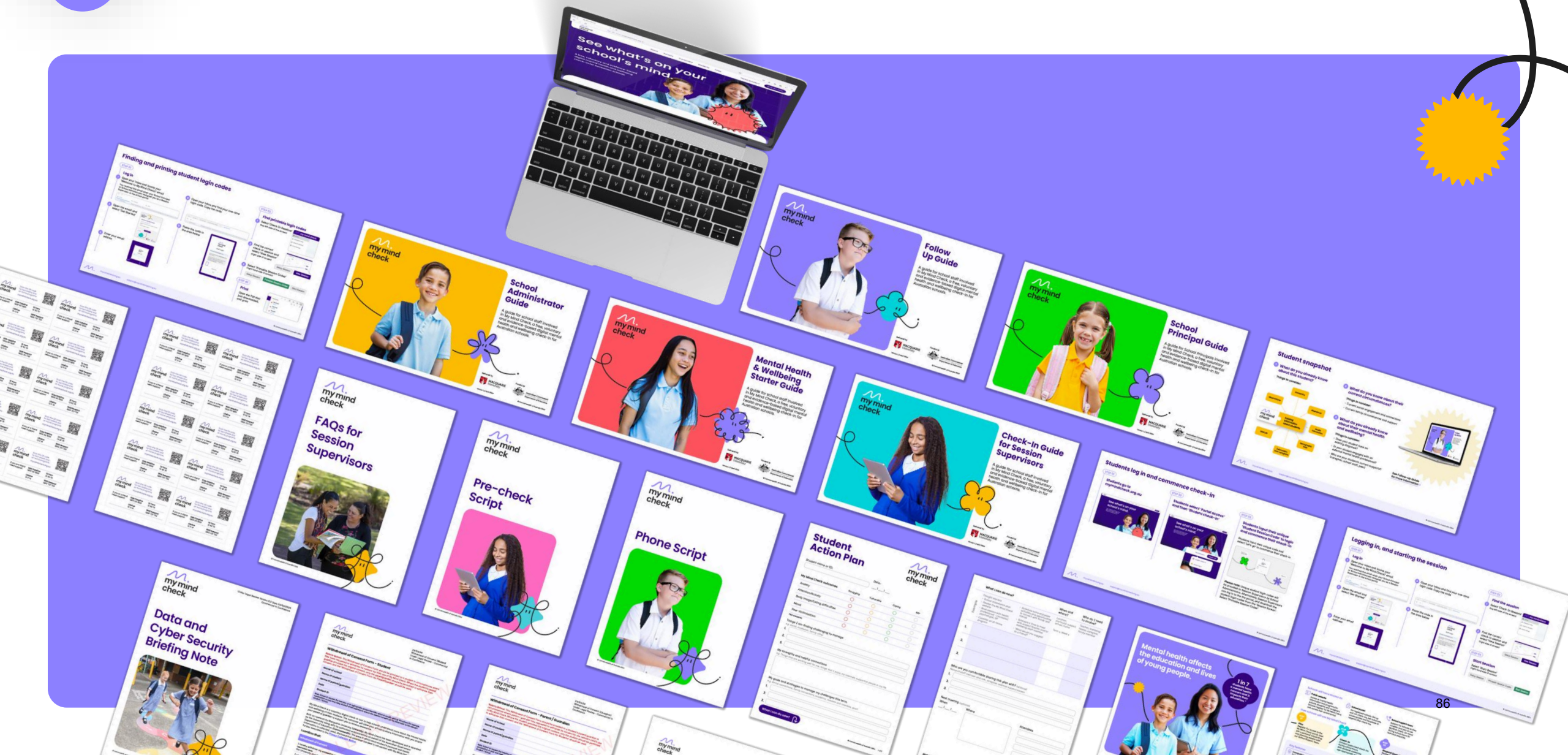


Staff follow-up process

School staff then receive a follow-up guide for each student, with resource information at their fingertips, helping communicate outcomes effectively.

The staff follow-up guide for Brandy Zottoli includes the following sections:

- Check-in Date:** 14th May 2024
- Check-in Status:** Completed
- Overall My Mind Check Outcome:** Struggling
- Review:** After reviewing your student's outcomes, consider the following resources:
 - Review consent permissions
 - Student Snapshot. Consider if student outcomes are consistent with what you already know.
- Communicate - Initial Feedback:** Initial communication about student outcomes can be completed using:
 - Copy Student Communication to Clipboard
 - Copy Caregiver Communication to Clipboard
- Communicate - Discussions (Optional):** Communicate student outcomes involving a discussion. The following resources may assist:
 - Mental Health and Wellbeing Starter Guide
 - Caregivers phone script
 - Student Action Plan
 - My Mind check website (for at-home programs)
- Document:** Document what you have observed and communicated following a student check-in.
 - Record of written communications and discussions
- Consider (Optional):** Schools can consider the below optional follow-up steps:
 - Consider conducting student observations using the BeYou BETLS Observation tool (behaviour, emotions, thoughts, learning and social relationships)
 - For Anxiety related in-school program information for targeted and universal programs

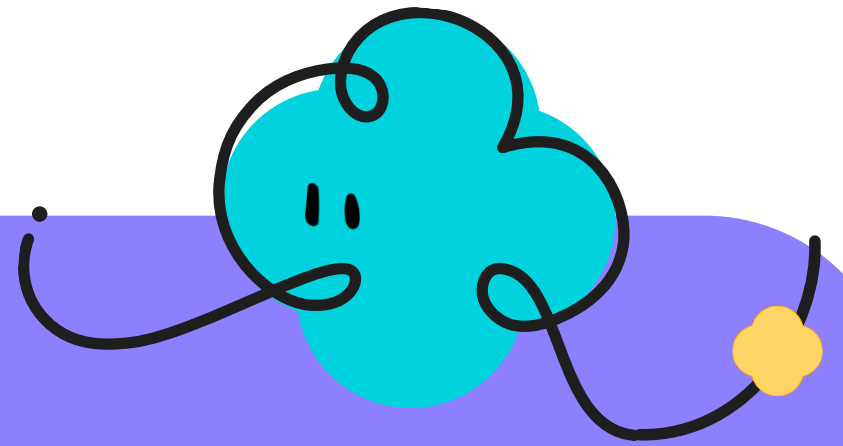


Supporting schools to understand student mental health and wellbeing



I like that this can address the invisible workload of teachers in supporting student wellbeing.

High School Teacher



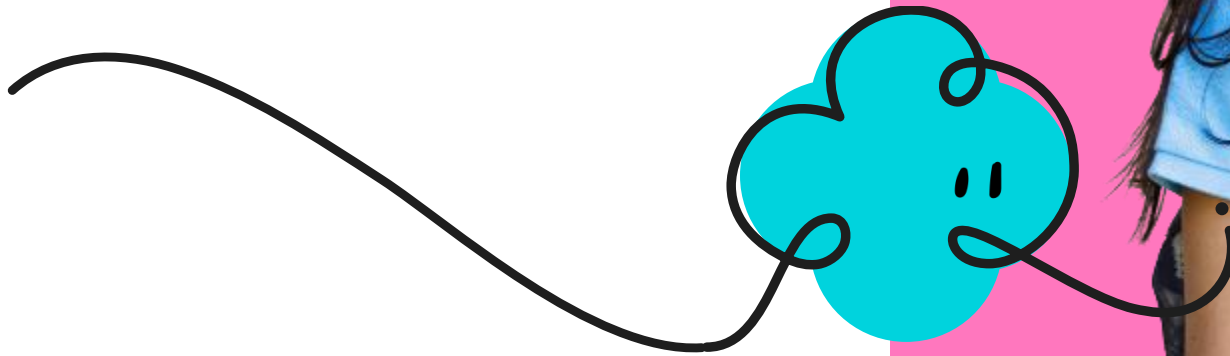
Want more information?



- ▶ mymindcheck.org.au
- ▶ info@mymindcheck.org.au



Introduction to My Mind Check



Delivered by

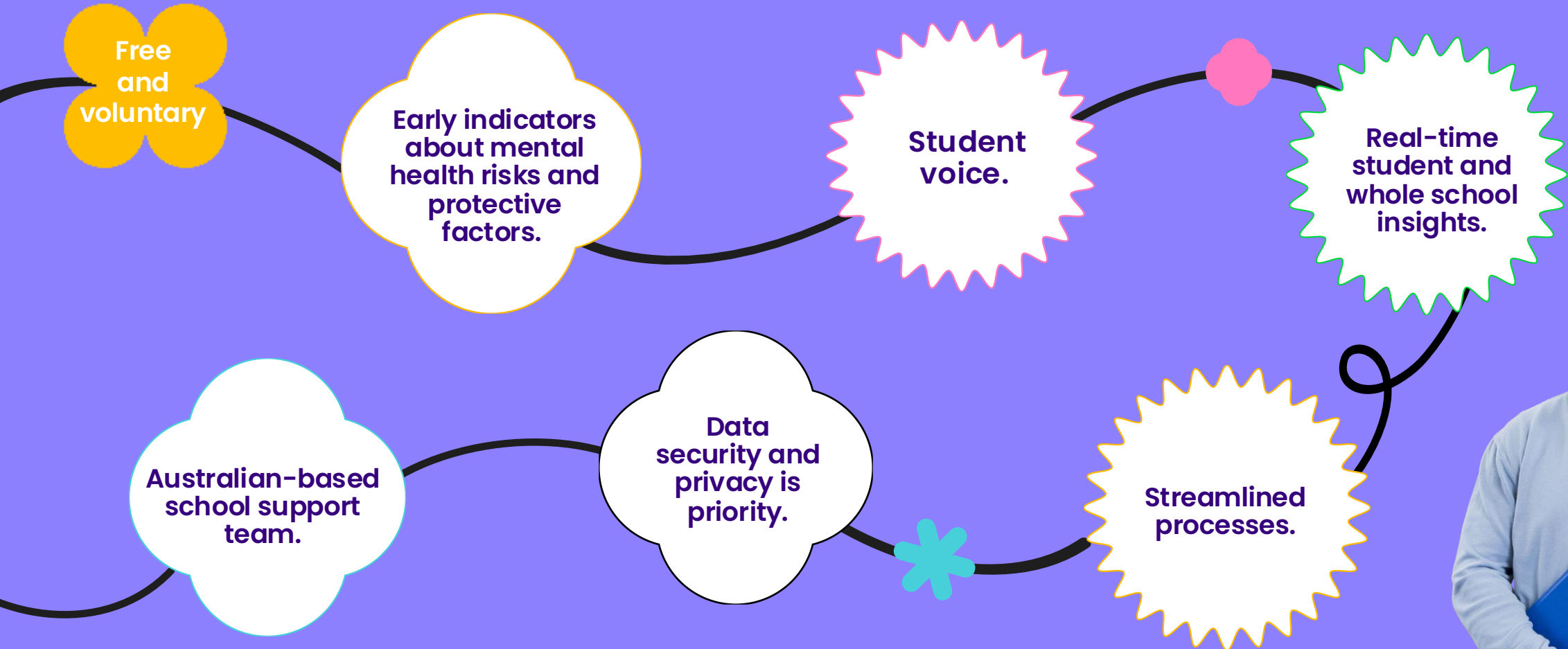


Funded by



Australian Government
Department of Education

My Mind Check: A student mental health and wellbeing check-in for Australian schools



Four key product components



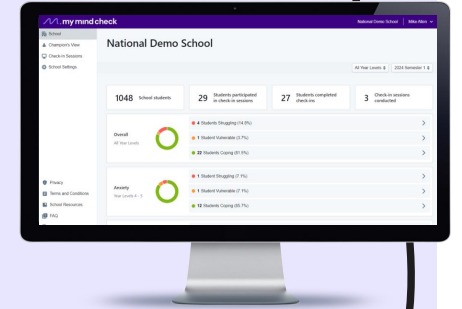
Website

The central location for schools, students and caregivers to access the school portal and obtain curated information and programs.



School portal

Gives schools real-time student and whole school insights. Conduct check-ins and respond to students and caregivers.



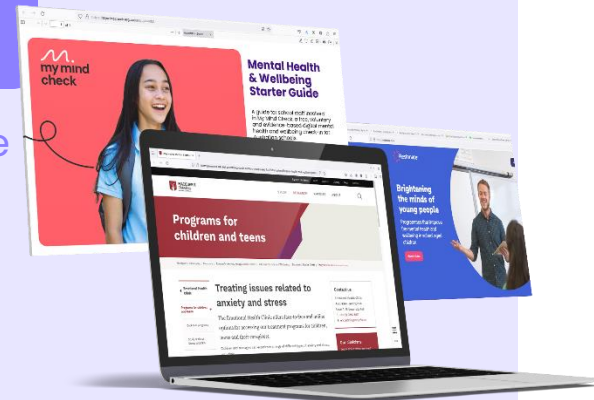
School Support Team

Your initial set-up and technical support will be as unified as possible with our school support team. Available weekdays 8am – 4pm.



Curated Resource Hub

Schools access an extensive range of expertly curated guides and external resources.



How schools will use My Mind Check

STEP
01

Plan

Our **School Support Team** will work with you to create a tailored plan of how your school will use My Mind Check.

We support school staff with simple processes.

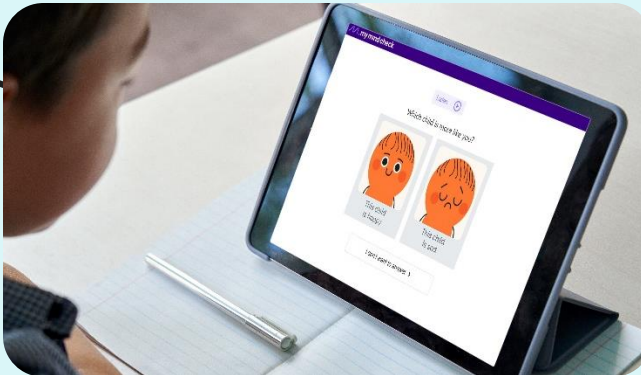


STEP
02

Check-in

Schools set up and conduct supervised **check-ins during school hours**.

- Hold 30-minute sessions, with check-ins taking 10–15 min.
- Flexible scheduling
- Step-by-step guides provided



STEP
03

Respond

Staff review instant outcomes in the portal and are provided with access to our **curated resource hub** to support **student and caregiver communication and actions**.





Foundation – Year 3

Visual presentation of 2 images, students select the option that best reflects them.



Years 4 & 5

Age-appropriate series of questions, with a range of possible answers to be selected.



Years 6-12

Age-appropriate series of questions, with a range of possible answers to be selected.

Core Pack

Domain	Foundation to Year 3	Years 4 & 5	Years 6–12
Mental health domains			
Anxiety	✓ *	✓	✓
Attention / Activity	✓ *	✓	✓
Mood	—	—	✓
Protective Factors			
Family Connections	—	✓	✓
School Belonging	✓ *	✓	✓
Peer Acceptance	✓ *	✓	✓

(* measured more broadly for Foundation to Year 3)

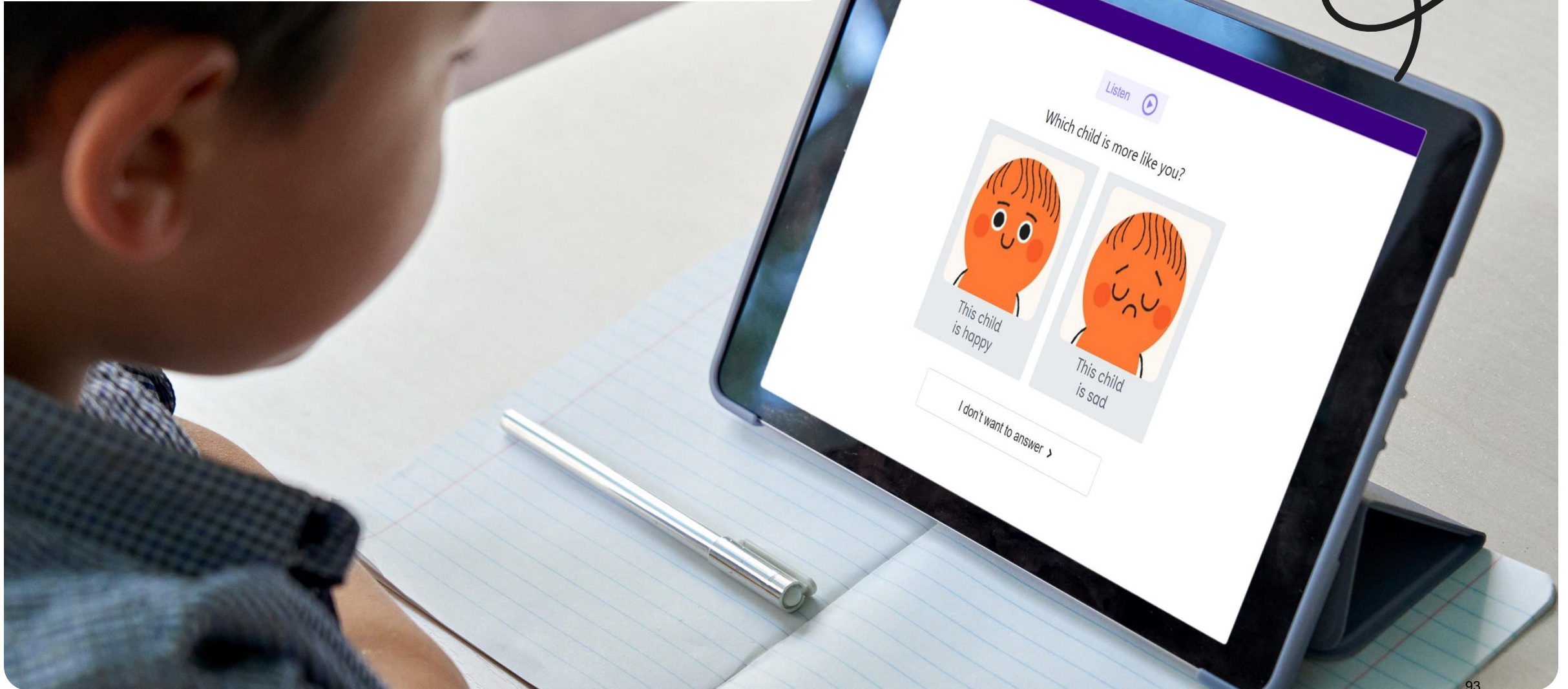


Optional mental health domains	Foundation to Year 3	Years 4 & 5	Years 6–12
Body Image/ Eating Difficulties	—	—	✓
Peer Victimisation	—	✓	✓

STEP
02

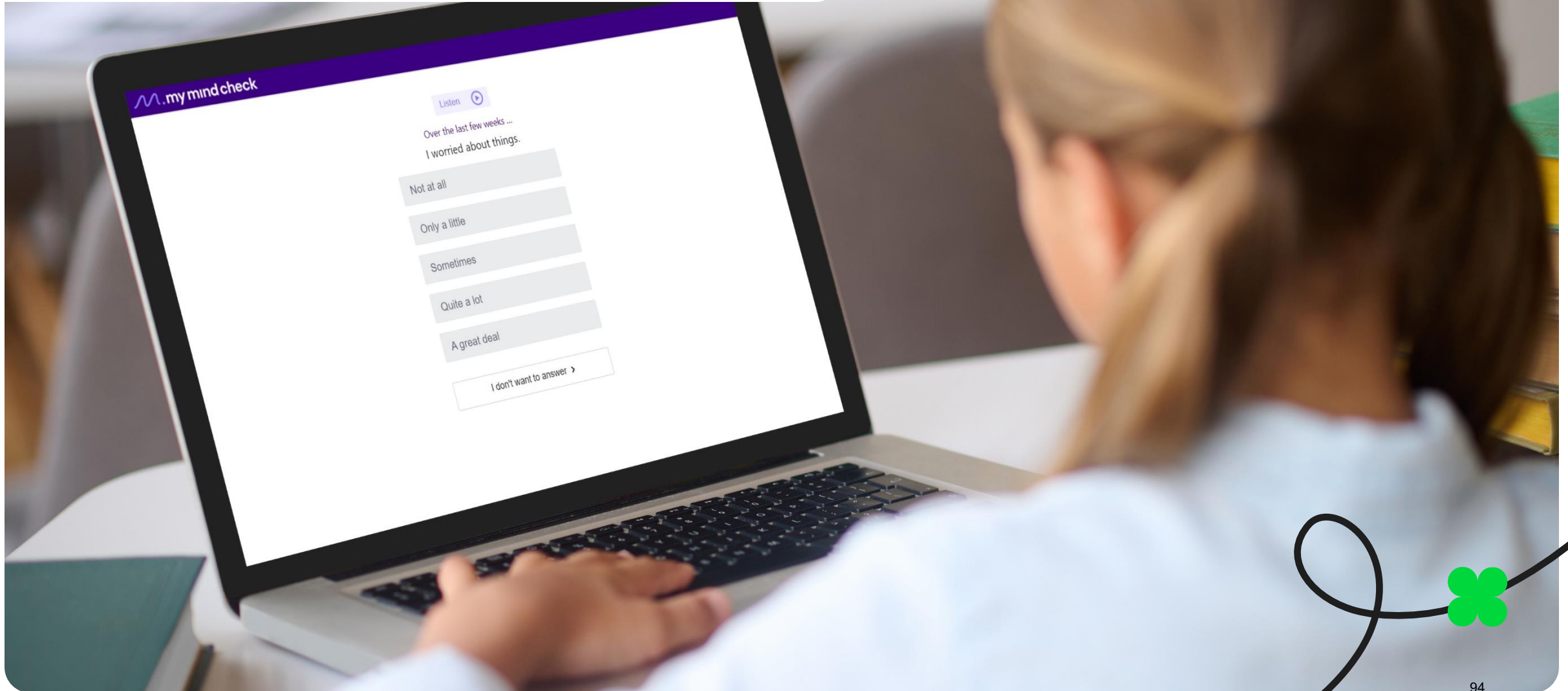
Foundation to Year 3

Example Questions



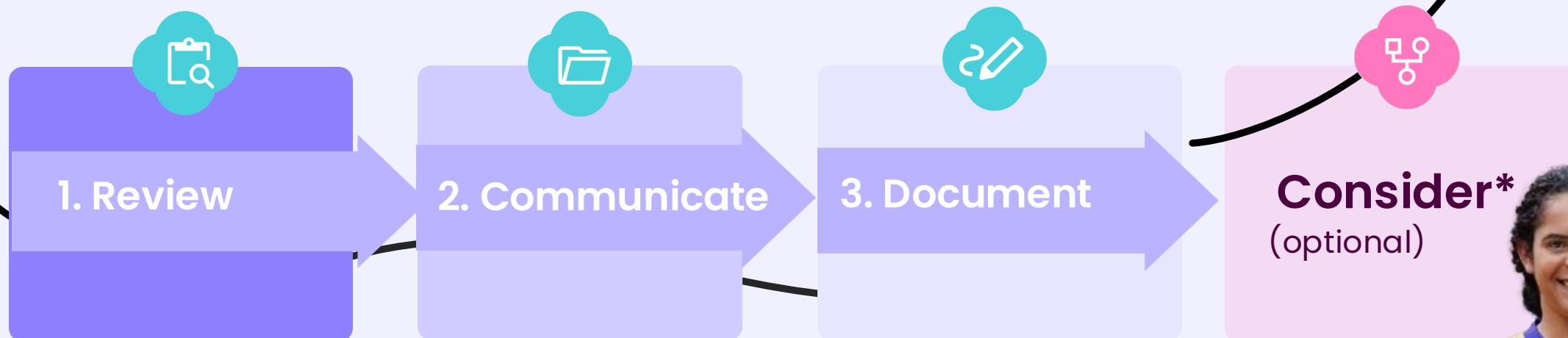
Year 4 – Year 12

Example Questions



Respond (post check-in)

Once a check-in has been completed, school staff are provided with a **clear and simple stepped process** to assist communicating check-in outcomes to students and caregivers.



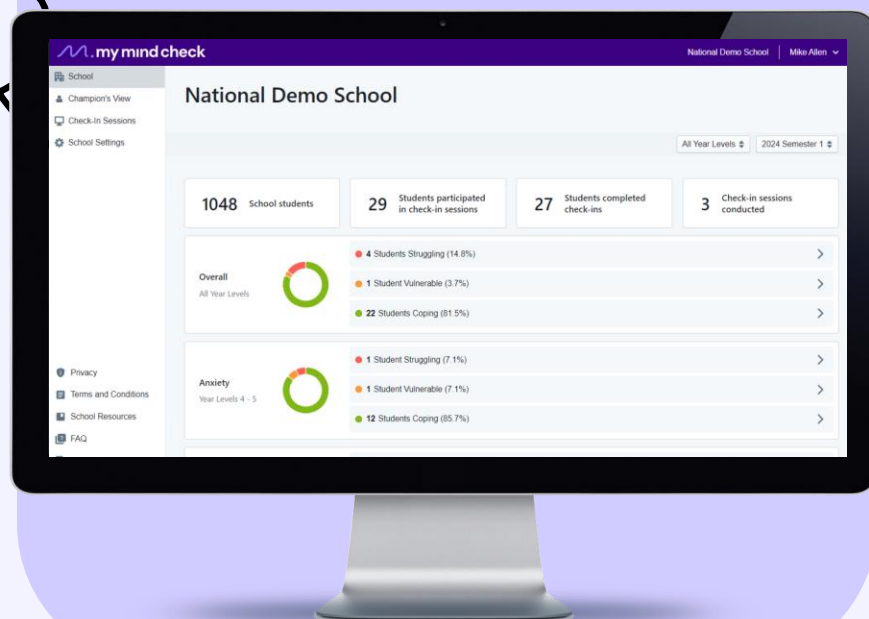
* Resources provided by My Mind Check aim to assist schools but must be used in alignment with the privacy and health requirements of your state or territory, as well as those specific to your school.

STEP
03

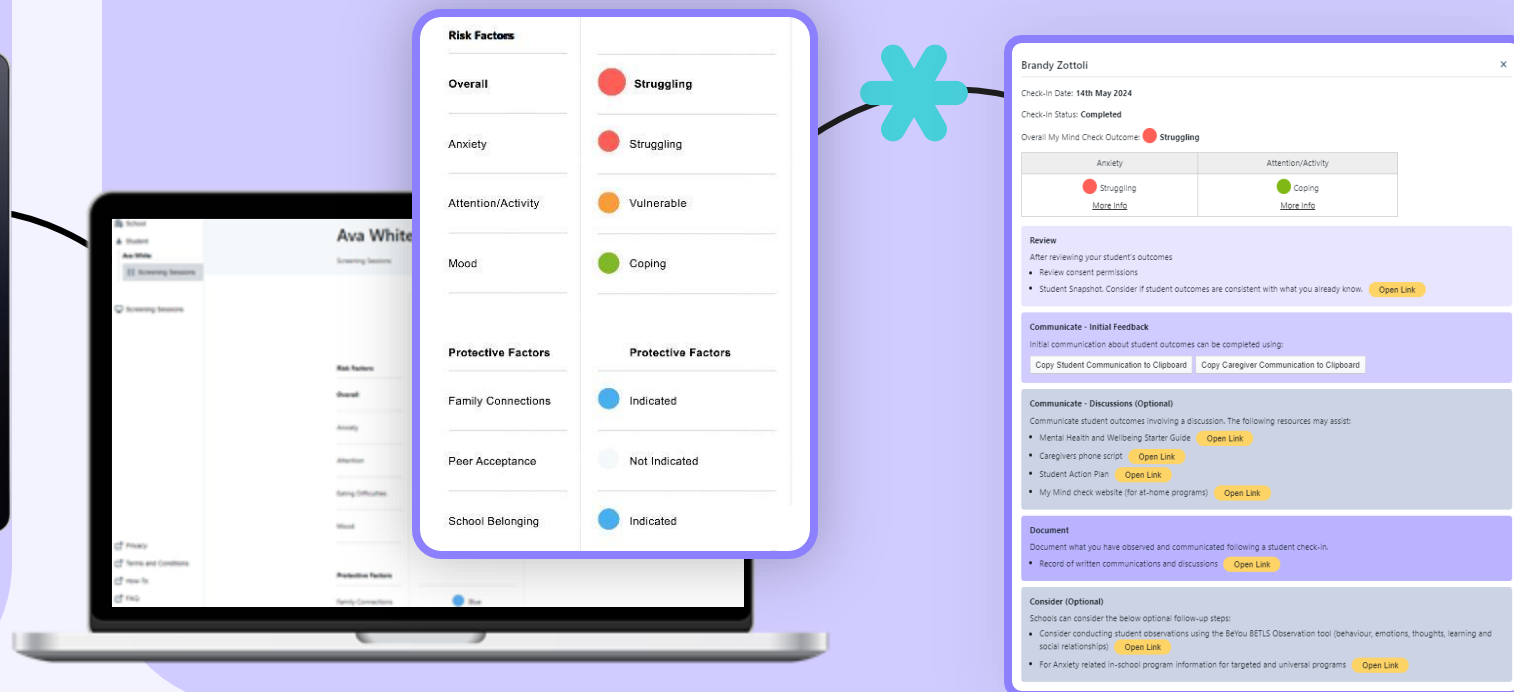
Portal Showcase

School and student insights

Whole school insights

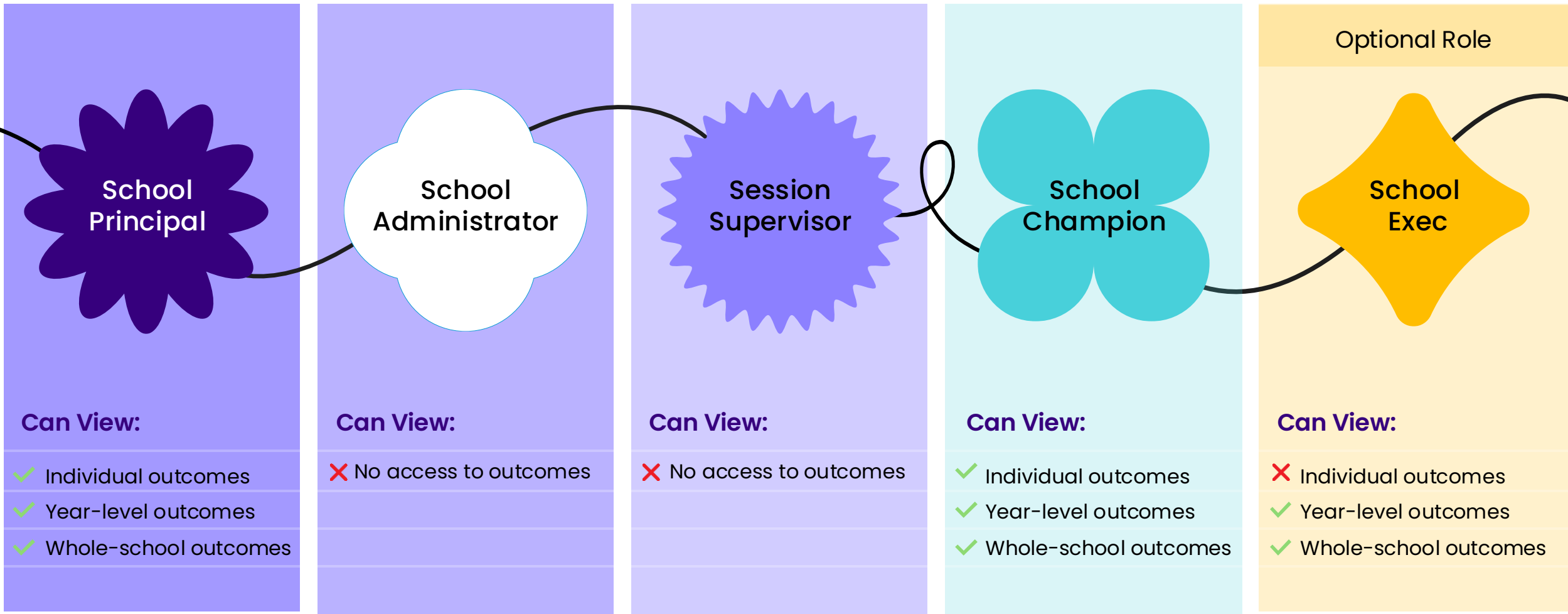


Student insights and staff resources

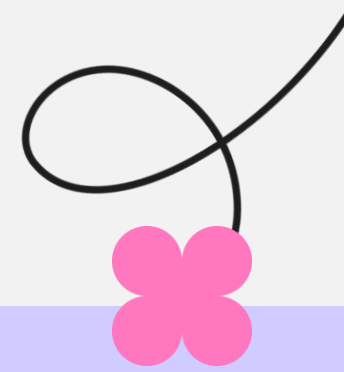


Illustrative examples

My Mind Check Roles



Considerations for your school



Which domain pack(s)?

- Core domains and additional domains

Timing?

- Existing programs and special events (e.g., wellbeing days, Term 1 orientation)
- Collecting consent (opt-in)

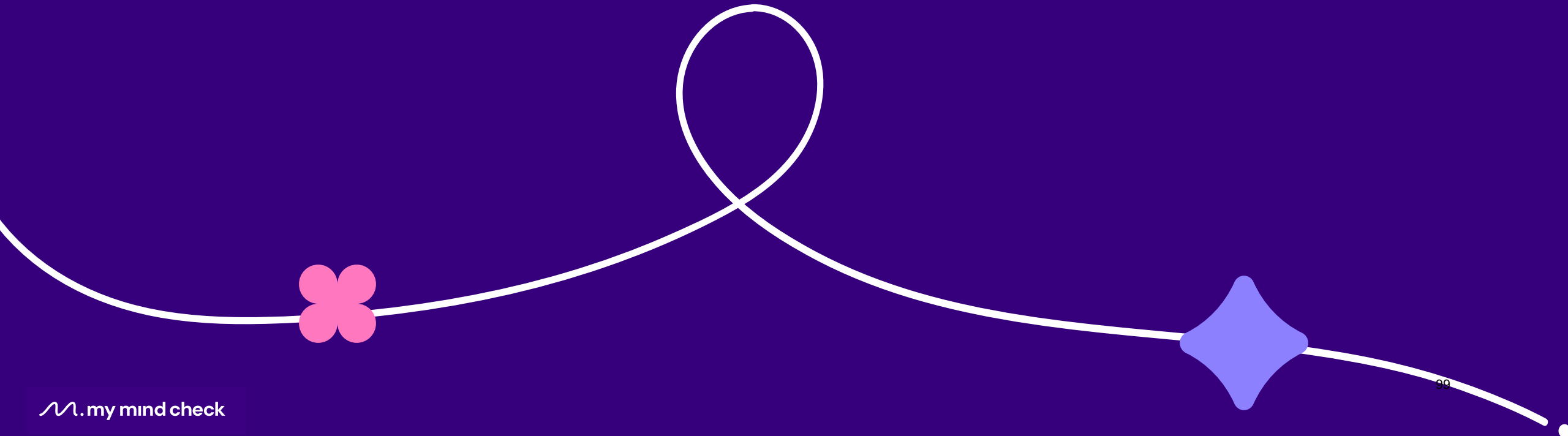
Who?

- Year group(s)
- School staff to champion My Mind Check at your school

Sharing My Mind Check with your school's decision makers and wellbeing team

- School principal will need to sign My Mind Check Use Agreement

Appendix



STEP
03


Portal Showcase

 my mind check

National Demo School ▾

Ella Oar ▾


 School


 Champion's View



























 Check-In Sessions

 School Settings

Champion's View

 Filter Student Groups

 Clear All Filters

Name	Year Level	Overall ▾	Internalising	Externalising	Attention/Activity	Anxiety	Mood	Outcome Reviewed
<input type="text" value="Filter..."/>	All ▾	3 Selected ▾	All ▾	All ▾	All ▾	All ▾	All ▾	Not C... ▾
Jorry Cirlos  View Student	Year 0  1 29-04-2024	 Struggling	 Struggling	 Struggling	N/A	N/A	N/A	<input type="checkbox"/>
Coralyn Sharphurst  View Student	Year 1  1 30-04-2024	 Struggling	 Coping	 Struggling	N/A	N/A	N/A	<input type="checkbox"/>
Brannon Dossit  View Student	Year 6  1 14-05-2024	 Struggling	N/A	N/A	 Coping	 Struggling	 Coping	<input type="checkbox"/>
Brandy Zottoli  View Student	Year 5  1 14-05-2024	 Struggling	N/A	N/A	 Coping	 Struggling	N/A	<input type="checkbox"/>
Arabele Blues  View Student	Year 0  1 13-05-2024	 Struggling	 Struggling	 Coping	N/A	N/A	N/A	<input type="checkbox"/>

 Privacy

 Terms and Conditions

 School Resources

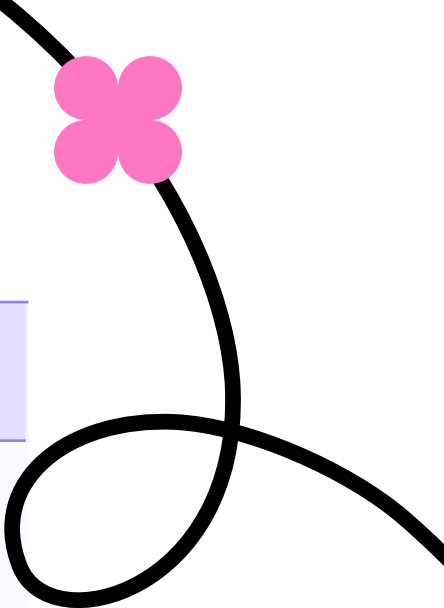
 FAQ

 Contact Us

 my mind check

My Mind Check Roles

My Mind Check role	Responsibilities
School Principal	<ul style="list-style-type: none">• Signs Licence Agreement• Can view student outcomes
School Champions	<ul style="list-style-type: none">• Reviews outcomes and follows up
Session Supervisors	<ul style="list-style-type: none">• Runs and supervises check-ins
School Administrators	<ul style="list-style-type: none">• Adds staff and students• Can schedule sessions



* Recommendations and resources provided by My Mind Check aim to assist schools but must be used in line with the privacy and health requirements of your state or territory, as well as those specific to your school.

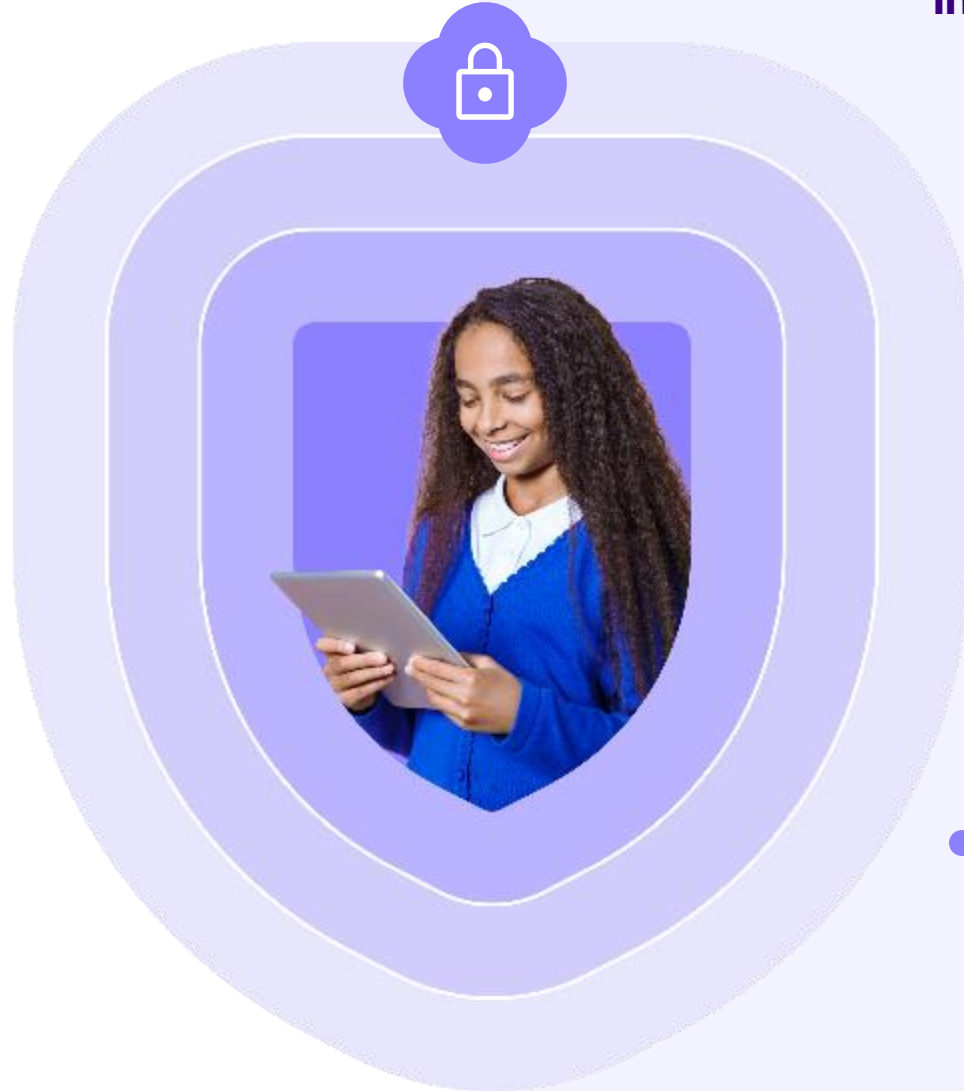
Data security and privacy

Secure data handling

My Mind Check adheres to **Commonwealth standards** of cyber security and privacy.

Our handling processes are **supported by independent security evaluation and testing.**

All data is **encrypted** and **stored in Australia.**



- Collect as **little personal information** as possible
- Access to student outcomes only available to **authorised staff**
- Utilise **data encryption** and login authentication
- Clear information **about who may access information** and for what purpose
- Commonwealth (and state/territory departments) only access **uptake and usability information**
- Macquarie University accesses de-identified data for quality assurance, service improvement and research publication

Robust product development

Research studies

Years 2000 – 2022

My Mind Check
development

2023 – 2024

Product validation &
refinement

**~14,000
students**
in NSW
(70+ schools)
BEACON
and RADAR

+


90+
nationwide
consultations

+


182
end-user
respondents
(nationally
representative)

=

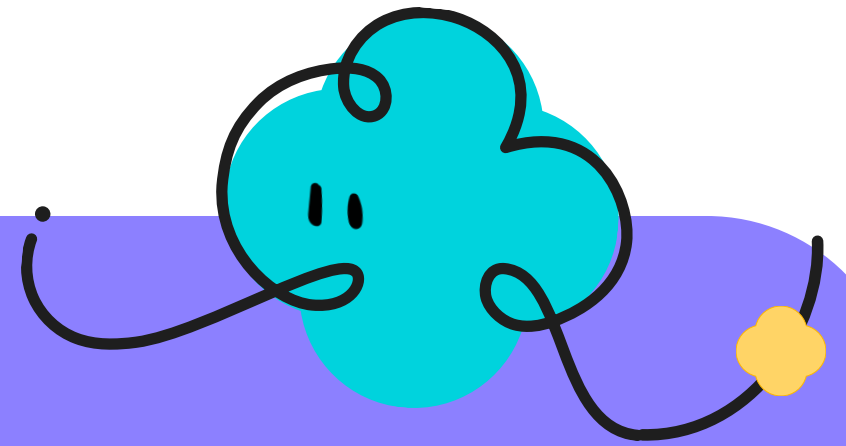
99%
end users*
agree it would
be a valuable
tool for schools

Supporting schools to understand student mental health and wellbeing



I like that this can address the invisible workload of teachers in supporting student wellbeing.

High School Teacher



Stay up to date



- ▶ mymindcheck.org.au
- ▶ info@mymindcheck.org.au