

A recent study shows headspace Work and Study effectively supports young people

More than ever before, young people need support with their work and study situations given the impacts of the COVID-19 pandemic.

headspace recently undertook a study to explore the appropriateness and efficacy of its online headspace Work and Study service, drawing on service use data from

1,139 young people and conducting a survey that was completed by 137 young people who participated in the service.

The study's findings were incredibly positive and have been published in the Journal of Medical Internet Research. Some key stats and findings are provided below. The study concluded that scalable online services such as headspace Work and Study are an ideal option to reach and support young people across Australia.

What is headspace Work and Study?

A free online service that supports young people aged 15 to 25 years experiencing mental health problems, to access clinically integrated work and study assistance. Specialists provide tailored support to young people over the phone, video conferencing, online messaging and email, making it accessible across Australia.

headspace Work and Study helps young people with:

- job search skills and job applications
- resume and cover letter preparation
- career planning
- study and enrolment support
- support transitioning from school to work or further study
- navigating Centrelink or other government support options
- balancing mental health and wellbeing with work or study.



For more information

To access the full article visit <http://bit.ly/headspaceJMIR>

To find out more about headspace Work and Study call 1800 810 794 or visit headspace.org.au/workandstudy

This study examined:



1,139

young people's service use data (2016-19)



137

young people's survey responses (2017-19)

Key stats



89%

reported benefits associated with online service delivery



86%

would recommend the service



83%

found work and study support useful



69%

of those who received 10+ sessions achieved a positive work and/or study outcome

Key findings

Young people:

- ✓ liked that it's an online service
- ✓ found the work and study assistance useful
- ✓ became more aware of how mental health issues impacted their work/study situation
- ✓ felt more confident about managing their work and study situation
- ✓ achieved positive work and/or study outcomes