

|



MEDIA RELEASE

Media Office
sydney.edu.au/news
@SydneyUni_Media

After hours
0402 972 137

28 April 2020

\$2.5m YOUTHe launched for national approach to mental health

A new NHMRC-funded Centre of Research Excellence focusing on youth and mental health comes as experts prepare for a spike in mental health issues in the wake of COVID-19.

As the national urgency of suicide prevention becomes a central focus for Australia's health system, the University of Sydney's [Brain and Mind Centre](#) has launched YOUTHe, a five-year Centre of Research Excellence (CRE) in suicide prevention for young people. The \$2.5 million, five-year National Health and Medical Research Commission (NHMRC) project is a collaboration between some of Australia's top mental health researchers. It comes as online and phone counselling services for young Australians face [unprecedented demand](#).

The University of Sydney-led centre spans organisations like [Orygen Youth Health](#), emergency services and youth advocates. It combines clinical and research experience with unique modelling techniques to plan, implement and evaluate new and emerging technologies. It aims to give every young person presenting to health care with suicidal behaviour will have access to evidence-based, personalised and ongoing health care.

YOUTHe, officially launched last week, will focus on healthcare system reform through participatory design informed by lived experience, and dynamic modelling in real time and evaluation. This can include a macro focus across Australia or drill down to the regional and local levels.

Lead researcher and co-director of the Brain and Mind Centre Professor [Ian Hickie](#) AM, said, that after drought and bushfires and in the midst of COVID-19, the centre was launching at a critical time for young people in need of mental health care.

“We are in a period of great uncertainty,” Professor Hickie said. “This research gives us an opportunity to ensure the health system is prepared for the consequences of the pandemic.”

[University of Sydney media release](#)

VIVIENNE REINER

Media and Public Relations Adviser | Health
Vice-Principal, External Relations
University of Sydney



M: +61 447 727 024

E: vivienne.reiner@sydney.edu.au