

Have you used mental health or alcohol and other drug (AOD) services in Victoria?

North Western Melbourne Primary Health Network (NWMPHN) are conducting a study with Monash University to better understand how digital mental health (MH) and alcohol and other drug (AOD) tools and supports are being used by service providers and consumers.

We are looking for 10 participants (people who have used MH or AOD services) to take part in a 30-minute interview. The interview will be conducted by Monash Design Health Collab researchers, on behalf of NWMPHN. Participants will be asked about their attitudes toward digital tools, such as online self-help tools, mindfulness apps, and self-assessment trackers.

Information from the interviews will help NWMPHN to understand how digital tools could be included in mental health and AOD services in the future.

Interview date options:

- Monday, 28 August
- Tuesday, 29 August
- Monday, 4 September
- Tuesday, 5 September
- Thursday, 7 September

Location: Online (via Zoom) or phone

Payment: \$30 visa card

Support provided: Interpreters are available if needed.

To register your interest, please contact Cosette Boland on 9347 1188 or email:
cosette.boland@nwmpnh.org.au

We acknowledge the peoples of the Kulin nation as the Traditional Owners of the land on which our work in the community takes place. We pay our respects to their Elders past and present.



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