Dear student,

**You’re invited to participate in an online mental health research trial.**

Student wellbeing matters now more than ever and we’re looking for students who are interested in helping us make a difference to student mental health.

By participating, you will take part in a six-week research trial of a brief online intervention to improve the health and wellbeing of university students.

**About the trial**

If you choose to participate in the study, you will need to complete brief screening measures to see if you are eligible for the trial. If you are eligible, you will be invited to complete four brief surveys, one prior to, and 3 after you complete the 6-week trial period. **Complete all four surveys and you can win one of 10 $100 gift vouchers.**

In the trial, you will be randomly allocated to one of two groups; one will receive two e-mails a week containing brief information about general health, and the other will receive two e-mails a week with a video providing information and strategies for improving mental health.

\*Participation only takes 5-10 minutes per week\*

**To register or find more information, click here:**

<https://anu.au1.qualtrics.com/jfe/form/SV_0Ncr6rACltmofeC>

Participation in this study is voluntary and you can discontinue your participation at any time. Participation in this study is not designed to replace help seeking from professional sources.

Best wishes,

Dr Lou Farrer

Senior Research Fellow

Centre for Mental Health Research

The Australian National University

The ethical aspects of this research have been approved by the ANU Human Research Ethics Committee (2020/412). If you have any questions or concerns about ethics, please contact the Human Ethics Manager: human.ethics.officer@anu.edu.au (6125 3427). For queries relating to the research, please contact Dr Lou Farrer: uni.virtual.clinic@anu.edu.au or 63 Eggleston Rd, ANU, Canberra ACT 2601.