OURHERD

What is OurHerd?

OurHerd was created by batyr in collaboration with over 600 young people and 75 mental health experts, alongside 182 academic articles reviewed. It is a mental health storytelling app that aims to create a community that is inspired and strengthened by stories of tough times, resilience and hope. We utilise these stories to increase mental health literacy, encourage help seeking behaviour, and reduce internalised stigma.

What is the batyr@school OurHerd Pilot Program?

The OurHerd school pilot program leverages student insights from OurHerd to inform tailored wellbeing support. We want to work with schools to incorporate the OurHerd app into wellbeing sessions (for as long or short as works for your school) and use its database of lived experience stories to provide an engaging way for students to be activated in improving their mental health literacy. Over time, we will be able to track, monitor and report on valuable data and insights based on student engagement with the OurHerd app, which will be fed back to the school to facilitate more targeted and relevant support and resources. We can utilise this data to tailor future batyr@school programs by determining cohort needs at your school and use stories and user interactions to contribute to better mental health services and policies in your community more broadly as well.

This service is completely free as we are in the early stages of the launch.

Frequently Asked Questions

How old does a student need to be to share on the app?
To share a story users must be over the age of 14.

How safe is it for a student to share on the app? What safeguards are in place?
All story publishers must complete a DQ5 survey to prove a stable and healthy mind frame prior to sharing. No story goes live onto the feed until one of our highly trained Lived Experience Team members review the story for safety purposes.

If a student completes the DQ5, and scores in a concerning range, they are prompted withour life saver ring (which is also shown on every page) which means students can reach out via Call, Text or online chat to listed services including Headspace, Lifeline, Kids Helpline and Beyond Blue. The app will also identify this user on the back end and feed this information back to us to notify you of students in distress. As students can often be hesitant to open up, this is a really important function of the app, which can help you identify young people at your school who may be in need of some extra support and attention.

What data do you collect from the students?
We gather data about student's clicks, saves, shares and likes that will show the mental health themes and topics of interest to specific year levels at your school. Knowing this information can help you to create wellbeing programs that address these areas of interest, so that your wellbeing sessions are the most impactful they can be.

How safe is the data collected?
OurHerd will never sell or share users' personal information to third parties. All demographic detail collected is completely opt-in dependent on your comfortability level for your school, and is de-identified once stored to be anonymous. Additionally, all data is stored onshore in Australia and uses end-to-end encryption (E2EE) technology which prevents any unauthorised third party from accessing user communications.