



22<sup>nd</sup> November 2016

Dear School Principal,

***RE: Expression of Interest for the acceptability and feasibility of Smooth Sailing: A research study by the Black Dog Institute***

I am writing to let you know about a research project that you have the option to take part in. The research is being conducted by the Black Dog Institute and the University of New South Wales. I am contacting you because your school may be interested in taking part in this exciting new project.

This research study is being done to learn more about how our online mental health service, called Smooth Sailing, would work in your school and among your students. This study will allow us to collect data on the levels of acceptability, and uncover any risks or practical limitations of providing mental health care in the school setting.

Taking part in research is always optional. We are looking for schools who are willing to take part and who are:

- Currently employing a school counsellor;
- Can support the trial of the service among one class of students (n = 30) in their school

If you decide to take part in the research we would:

- Visit your school in the first two weeks of school term to explain the study to relevant staff and students. During this visit we would also deliver consent forms to students so that their parents can be informed.
- Upon return of the consent forms, we would then return to the school to facilitate access to the Smooth Sailing website within class time. Registration and screening will take approximately 20 minutes of class time. This would occur in early Week 3.
- We would then return to the school at the end of the school term (in Week 9) to collect the follow-up data which would also take approximately 20 minutes of class time.

We have attached a copy of the brief research protocol for more detail on what this study entails. We have received ethics approval from UNSW HREC (#HC16724). If you would like more information or would like to express your interest in being part of the research please don't hesitate to contact me.

Yours sincerely,

**Dr. Bridianne O'Dea | Postdoctoral Research Fellow**

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