Recruitment population
Inclusion: Young people 16-25 years old of parents with mental disorder or substance use disorder and no diagnosed disease according DSM IV, able to use a computer and fluent in Dutch

Screening eligible subject

Informed consent and baseline measurement

Randomization (n=214)

Kopstoring program (n=107)
Follow-up at 3 months
Follow-up at 6 months
Follow-up at 9 months
Extended follow-up for intervention group at 12 months

Waiting List Control (n=107)
Follow-up at 3 months
Follow-up at 6 months
Follow-up at 9 months
Enrolment Kopstoring program

Exclusion:
Diagnosed with illness acc DSM IV
Not fluent in Dutch
Not able to use computer and internet