
These websites are designed especially for 12 to 19 year olds.

They're all New Zealand websites.

They're all free.

They're all safe – and private.

They work in different ways to help with different problems.

 **Read about four reliable and free websites especially designed to help 12 to 19 year olds with mental health issues.**

- ▶ thelowdown.co.nz
 - ▶ youthline.co.nz
 - ▶ sparx.org.nz
 - ▶ commonground.org.nz
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You can use all these websites or, if you've got something particular you want to deal with, you might find one or two that are especially helpful.

HELP FOR THE

TOUGH

Times



HERE'S SOME
INFORMATION
about



that can
HELP
when you're
FEELING

STRESSED  **OR**
ANXIOUS  **OR**
OUT OF YOUR DEPTH

The Lowdown

- ▶ Information on:
 - anxiety
 - depression
 - relationships
 - identity
 - school life
- ▶ Suggestions of services that can provide more support
- ▶ Videos of teenagers telling their stories of depression or anxiety
- ▶ A space to share experiences
- ▶ Go to: **thelowdown.co.nz**



Youthline

- ▶ Lots of different support options:
 - free phone
 - free txt
 - email
 - online chatting
 - face to face
- ▶ A range of quizzes to help you figure out what you're feeling and why
- ▶ Advice on how to help friends who are going through tough times
- ▶ Go to: **youthline.co.nz**
- ▶ Free phone: **0800 376 633**
- ▶ Free txt: **234**



SPARX

- ▶ A fantasy game with skills you can use to manage:
 - stress
 - anxiety
 - depression
- ▶ Users sign up to play
- ▶ A free 'mood' quiz
- ▶ Advice on how to apply the skills from the game to your own life
- ▶ Go to: **sparx.org.nz**
- ▶ Free phone: **0508 4 SPARX**



Common Ground

- ▶ A good place for family and friends to learn about useful ways to support themselves and teenagers with mental health issues
- ▶ Videos of families going through tough times
- ▶ A space to share or ask an expert for advice
- ▶ Go to: **commonground.org.nz**

