



The Lowdown

- ▶ Information for young people on how to recognise, understand and cope with symptoms of depression and anxiety
- ▶ Options for dealing with identity issues, relationships, school life, and supporting friends in need
- ▶ Videos, webpage text, an online discussion forum and self-help tests to assess the user's state
- ▶ Experienced counsellors available 24/7 to respond to texts and emails and monitor forum posts
- ▶ Applicable to any 12- to 19-year olds, but particularly addressing Māori, Pacific and LGBTI

thelowdown.co.nz

facebook.com/TheLowdownNZ

SPARX



- ▶ Cognitive behavioural therapy (CBT) to help young people deal with the symptoms of mild to moderate depression
- ▶ Effective in helping with anxiety
- ▶ Experiential learning of CBT skills under the guise of a progressive 7-level/module fantasy computer game (approx. 30 mins/level)
- ▶ Mood quiz (depression screening using a patient health questionnaire for adolescents, PHQ-A)
- ▶ Information on where and how to access extra help
- ▶ Information for families, whānau, health professionals, and counsellors
- ▶ Training for health professionals and counsellors

sparx.org.nz

Free phone: 0508 4 SPARX

Youthline



- ▶ Comprehensive information and self-assessment tools to encourage young people's personal development and to support them in times of need
- ▶ Information on a wide range of issues from dealing with relationships and emotions to creating and thriving in communities
- ▶ A wide range of services, including online and phone counselling, quizzes, chat forums, and training options
- ▶ Support options to help the supporters of someone who is suffering from a mental health issue

youthline.co.nz

Free phone: 0800 376 633

Free text: 234

0800 What's Up?



- ▶ Children and teens can call for free or chat with a counsellor online
- ▶ Callers can ask to speak with a counsellor who they can positively relate to (a specific gender or ethnicity)
- ▶ Callers can ask to have ongoing counselling with the same counsellor if it helps them build trust
- ▶ Teens can be part of the online community by following What's Up on Instagram
- ▶ Website information on a range of topics for children, teens, and families

whatsup.co.nz

Free phone: 0800 942 8787

Help for the Tough Times is the equivalent quick reference guide for teens. It gives a brief explanation of the four websites described in this reference guide.

their doctor for more specific help.

Please encourage a young person who is experiencing really tough times to visit the school-based health services, guidance counsellor, school-based social worker (if there is one), or see

or during one-on-one support sessions.

Consider exploring them with your students in a class situation you need to you can direct a young person to one or more of them. Read about the strengths of each website so that if people cope when they are feeling stressed, anxious, or out of These four websites are all free and available 24/7 to help young

mental health.





Four websites have been developed by experts in youth

A quick reference guide for school staff

Website help for students through tough times



Website features at a glance

	 The Lowdown	 Youthline	 SPARX	 0800 What's Up?
Videos	✓		✓	
Games			✓	
Quizzes/tests	✓	✓	✓	
Text counselling	✓	✓	✓	
Webpage information	✓	✓		✓
Information for parents and other adults		✓	✓	✓
Email counselling	✓	✓		
Phone counselling		✓	✓	✓
Online video counselling		✓		
Webchat	✓	✓		✓
Online forum discussions	✓	✓		
Advice on helping a friend or family member	✓	✓		
Quick tips/practical strategies	✓			✓
Facebook	✓	✓	✓	
Instagram				✓
Links to other services	✓	✓	✓	✓