

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**



0800 What's Up?

- ▶ Phone (talk) or webchat (type) with trained counsellors
- ▶ A safe place for you to talk about anything at all
- ▶ You can ask to speak with a counsellor who you can relate to (a specific gender)
- ▶ You can ask to speak to the same person again, if you want to
- ▶ Website information on a range of topics many teens face
- ▶ Go to: **whatsup.co.nz**
- ▶ Free phone: **0800 942 8787**



These websites are designed especially for teens.

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 teens in tough times.**

- ▶ thelowdown.co.nz
 - ▶ youthline.co.nz
 - ▶ sparx.org.nz
 - ▶ whatsup.co.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.




TOUGH Times



HERE'S SOME
INFORMATION
about



that can
HELP
when you're
FEELING

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