

Websites

Below are some websites you might find useful to learn about or help yourself with some mental distress and/or mental health issues. Some of them are designed specifically for young people, or for certain issues, and some are based on New Zealand research.

Name	Address	Description
General		
Aunty Dee	auntydee.co.nz	A structured problem solving feature, and 'tips and help' on some common issues for youth.
Changing Minds	changingminds.org.nz	A national organisation ran by those with lived experience of recovery from mental health and addiction issues.
Grow	grow.org.nz	Information about peer support groups that are online or local to promote growth in wellbeing.
Health Navigator	healthnavigator.org.nz	A website with good information on all conditions from A-Z.
Mental Health Foundation	mentalhealth.org.nz	A wealth of information and resources on mental health topics.
Mental Wealth (Leva)	mentalwealth.nz	A website with various information on checking in with yourself, feeling good and staying connected.
Skylight	skylight.org.nz	Support, information, and resources to help navigate through the tough times
Sparx	sparx.org.nz	An online e-therapy tool that helps young people learn skills to deal with feeling down, depressed or stressed.
Teen Mental Health	teenmentalhealth.org	An Australian website with information about mental health and disorders for teens and their caregivers.
The Lowdown	thelowdown.co.nz	Youth-specific self-help strategies, forums and videos of youth talking about their own experiences with mental health issues
Specific Disorders		

Alcohol Drug Helpline	alcoholdrughelp.org.nz	Information, FAQs and peoples stories around alcohol and other drugs.
Anxiety Canada	anxietycanada.com	A specific section for youth that has information on anxiety, self-help strategies and videos of youth talking about their experiences.
Depression NZ	depression.org.nz	Information and resources around depression and anxiety.
Quitline	quit.org.nz	Website with help and advice on quitting smoking.
Gender and Sexuality		
OUTLine	outline.org.nz	Confidential, free, LGBTIQ+ affirming support line, online counselling, and resources.
Rainbow Youth	ry.org.nz	Information, support, online support groups, counselling, education and advocacy, for young people and their friends, whānau and family around gender identity and sexuality.
I'm Local	imlocal.co.nz	Information and support for queer and gender diverse youth to feel valued, recognised and supported in their local communities.
Gender Minorities	genderminorities.com	Information, advocacy and support for transgender people of all ages, ethnicities and backgrounds.
Intersex Youth	intersexyouthaotearoa.com	Information and education for intersex youth and their whānau.
Miscellaneous	miscellaneous.nz	A collection of rainbow mental health resources.
General Wellbeing		
10 Days of Happiness	https://10daysofhappiness.org/	A free 10-day online coaching program to guide towards happier living.
Wheel of Wellbeing	https://www.wheelofwellbeing.org/	An online course designed in the U.K to improve your overall wellbeing by focusing on specific areas.
VIA Survey of Character Strength	https://www.viacharacter.org/	A survey that helps you to understand the differing degrees of 24 character strengths and how you can apply them.

Living Life to the Full	https://littf.com/	A website that contains free online courses and resources that work on life skills to help you improve wellbeing.
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