

# Support for young people



## MENTAL HEALTH SUPPORT AND COUNSELLING FOR CHILDREN AND YOUNG PEOPLE

[Health New Zealand- Mental Health Support](#)

[The Lowdown](#) – is a website to help young New Zealanders recognise and understand depression or anxiety.

[SPARX](#) – is an interactive self-help online tool that teaches young people skills to help combat depression and anxiety.

[Aunty Dee](#) is a free online tool for anyone who needs some help working through a problem.

[Common Ground](#) – Through its website, phone line, text counselling and a information pack services, Common Ground provided easy access to information, tools and advice about how to support a young person.

[Health Navigator](#) – A great source of information and links to support Mental Health Services For Youth

[Kidsline](#)- information and telephone counselling for children age 9 to 13 years old

[Whatsup](#) – counselling phone line for children and young people 5 – 18 years old, available 7 days a week between 1pm to 11pm, staffed by trained counsellors.

[No Bully](#) – info for kids and parents about bullying



**0800 37 45 37**



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## SERVICE DIRECTORIES

If you are hunting for a service in your area go to a service directory to find the service you need.

[Firstport](#)

[CAB](#)

[Right Service](#)

[Kids Health Directory of Health & Disability Support A-Z](#)

[Community and Family Services Directory](#)

## DISABILITY SUPPORT SERVICES

[CCS Disability Action](#) -disability support and advocacy organisation

[Enable NZ](#) – working to assist disabled people, families/whanau/hapū, employers, health professionals and disability support organisations

[Carers NZ](#) – info and support for carers

[Parent to Parent NZ](#) – offering support and networking for parents across NZ whose children face disability or health issues, as well as sibling support



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