

IF YOU'RE FEELING

STRESSED



ANXIOUS



OUT OF YOUR DEPTH



4 WEBSITES  
that can **HELP**



[thelowdown.co.nz](http://thelowdown.co.nz)



[youthline.co.nz](http://youthline.co.nz)



[sparx.org.nz](http://sparx.org.nz)



[whatsup.co.nz](http://whatsup.co.nz)



Check out *Help for the Tough Times* – a guide for teens. Ask your school guidance counsellor, or a member of the school staff about it.