

Mental health and wellbeing apps for rangatahi

(New Zealand based digital resources for young people)



Whitu 7 Ways in 7 Days

Teaches self-help skills to manage emotions using local voices, Māori language, symbols, and a more holistic approach to health and wellbeing.



Headstrong

Teaches strategies to enhance wellbeing, manage stress, resolve conflicts and handle negative thoughts and strong emotions. Users can engage in short chatbot conversations.



Finding Purpose

Helps rangatahi explore their values, develop a greater sense of purpose and strengthen their identity.



Aunty Dee

A problem-solving app that helps users reflect on and explore their problems, find solutions to them and take action.



SPARX

A self-help game providing practical ways to manage depression, anxiety and stress. Each quest within the game includes guidance on using new skills to feel better and solve problems.



Manaaki Ora

Provides tips for self-help and supporting others in distress. Includes activities to identify feelings, create plans, and features audio explanations and interactive elements.



Manawa

Manawa is a suicide safety plan app for users to create their own survival plan to know what to do when things feel really bad. It was developed by lived experience whānau and Health NZ.



For more information, scan the QR code or visit
healthify.nz/mental-health-apps-rangatahi