

Anxiety Websites

[Newsletters](#) | [Healthy Minds](#) | [Anxiety Websites](#) | [Depression](#) | [Privacy policy](#) | [Code of Rights](#) | [Health Advocacy](#)

Who Information Website Address

[Health Navigator - New Zealand](#)

Free information to support people and families that are experiencing anxiety.

www.healthnavigator.org.nz/health-topics/anxiety/

[CALM \(Computer Assisted Learning for the Mind\)](#)

A website published by the University of Auckland with helpful information and self help strategies.

calm.auckland.ac.nz

[Mental Health Foundation](#)

Free information to support people and families that are experiencing anxiety.

mentalhealth.org.nz

[Anxiety NZ Trust](#)

A non-profit organisation aiming to educate, support and treat severe anxiety, phobic and obsessive compulsive disorders.

www.anxiety.org.nz

Websites for youth with anxiety

Who Information Contact Details

[The Lowdown](#)

An interactive website that lets you email, text or instant message for advice. It has information to help young people understand and deal with anxiety. You can free text 5626 for help.

thelowdown.co.nz

[SPARX](#)

A free online tool to help young people learn to deal with depression and anxiety.

www.sparx.org.nz

[Youthline](#)

Info zone has great tips and techniques for life - including topics on relationships, abuse, bullying, your body and your mind.

www.youthline.co.nz

[Kidshealth](#)

Info on anxiety developed by Starship Foundation and Paediatric Society of NZ.

www.kidshealth.org.nz

Medicine Information

[Consumer Medicine Information](#)

More information about the medication you have been prescribed from MedSafe New Zealand.

