

Building resilience through gameplay



When you or someone you know is experiencing feelings of depression or anxiety, it's tricky to know how to help.

SPARX e-therapy equips young people and rangatahi with life skills to power through stressful and negative emotions.

HOW IT WORKS

Players will identify different emotions, what they mean, and how to process them. SPARX utilises Cognitive Behavioural Therapy (CBT) to positively influence the way you think and react.

For more information: www.sparx.org.nz



Improve emotional intelligence



Manage uncomfortable emotions



By youth, for youth



Designed by clinicians & backed by successful clinical studies

AVAILABLE FOR FREE ON ALL DEVICES

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Need help now?

Call: 0508 4 SPARX Text: SPARX to 3110
For Emergencies: Call 111

