

## **Resources:**

<https://www.smallsteps.org.nz/>

<https://www.justathought.co.nz/>

<https://www.youthline.co.nz/get-help.html>

<https://www.health.govt.nz/covid-19-novel-coronavirus/covid-19-health-advice-public/covid-19-mental-health-and-wellbeing-resources>

<https://mentalhealth.org.nz/getting-through-together>

<https://allsorts.org.nz/>

<https://www.mentemia.com/nz/>