

Mental health and wellbeing apps for rangatahi

(New Zealand based tools 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 includes guidance on using new skills to feel better and solve problems.



The Village

A social app that allows the user to select up to 5 'buddies' to regularly check in on their mental health and well-being. It includes 5 pre-written questions to start conversations easily.



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.



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