

GOT MORE QUESTIONS?

The Lowdown

Free text 5626

thelowdown.co.nz

A website to help you understand mental health and wellbeing.

RainbowYOUTH

ry.org.nz

If you are wondering about your gender or sexual identity RainbowYOUTH can help.

PLAY YOUR BEST CARD

A game created with teenagers for teenagers. PLAY YOUR BEST CARD is a story-based card game, exploring situations and challenges that we can face as teenagers, the ways that we can respond and how we can support each other too.



Think or chat to someone who played the game about ...

- ❑ What was the most challenging scenario today?
- ❑ What was the easiest scenario today?
- ❑ What would you have done in these scenarios?
- ❑ What surprised you in the game today?
- ❑ What values or ideas will guide you for challenges in the future?

After each of these questions ask, why did you feel this way?

Want to talk to friends or whānau about the scenarios? Here are some conversation starters ...

What would you do in this scenario?

Have you ever heard of anyone in this situation?

The response that won was ...
What do you think?

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Youthline

0800 37 66 33

Free text 234

talk@youthline.org.nz

Offers a free confidential counselling service for you and your parents, family and friends.

Alcohol Drug Helpline

alcoholdrughelp.org.nz

0800 787 984

Free text 8681

Provides friendly, confidential, non-judgmental, professional help and advice about drinking or drug use.