

FEELING DOWN OR STRESSED?

FEEL BETTER WITH SPARX

When you're feeling a bit low, you're not always in the mood to talk.

That's ok, there's another way to combat those thoughts and feelings that are keeping you down.

SPARX transports you to a virtual world where it's your mission to restore the balance and defeat the gloom.

SPARX can help you cope when you feel down, worried or stressed

SPARX is free to use – all you need is a computer with a good internet connection.

Need help now?

If you want to talk to someone now:

Free phone: **0508 4 SPARX**
(0508 477 279)

Free text: **3110**

Call **111** if you or someone else might be unsafe right now

