

SPARX resources

General Promotional: business card size and A5 flyer



PLAY SPARX TODAY
WWW.SPARX.ORG.NZ

SPARX IS FUNDED BY THE MINISTRY OF HEALTH

Promotional with helpline numbers: business card size and A5 flyer

ARE YOU FEELING DOWN, WORRIED OR
STRESSED? SPARX CAN HELP YOU FEEL BETTER.

www.sparx.org.nz



SPARX can help with feeling down.

PLAY SPARX TODAY

WWW.SPARX.ORG.NZ

Need help now?

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

Free text: **3110**

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



PLAY SPARX TODAY
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SPARX is an online game to help you cope with feeling down,
worried or stressed.

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



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FEELING DOWN, WORRIED OR STRESSED?

FEEL BETTER WITH SPARX

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Promotional Poster with helpline number

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:

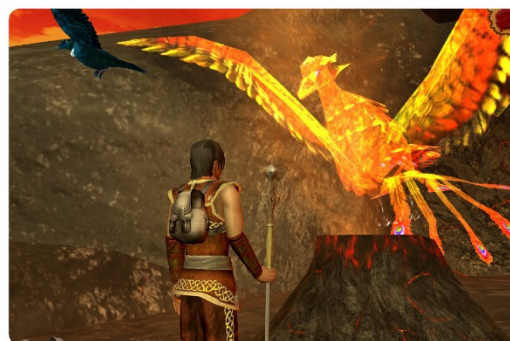
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